



SWAMP-ROOT



DREAM
BOOK

ALMANAC

DR. KILMER & CO. BINGHAMTON, N.Y.

Certificate of Purity



THIS is to certify that the active ingredients of Dr. Kilmer's Swamp-Root are purely vegetable and it does not contain any calomel, mercury, creosote, morphine, opium, cocaine, nitrate potash (salt-peter), bromide potassium, nor any narcotic alkaloid.

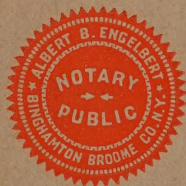
The small quantity of alcohol which it contains is used for the purpose of preserving the vegetable ingredients from fermentation. Swamp-Root was discovered through scientific research and study by Dr. Kilmer, who graduated with honors and was eminently successful in the practice of his profession, in which he was actively engaged for many years.

State of New York, }
County of Broome, } S.S.
City of Binghamton, }

Jerome B. Hadsell, Vice-Pres. Dr. Kilmer & Co., Inc. of the City of Binghamton, County of Broome and State of New York, being duly sworn, deposes and says, that the guarantee of purity of Swamp-Root, as described in the foregoing certificate, is in all respects true.

Subscribed and Sworn to,
before me Aug. 25, 1936.

Jerome B. Hadsell



Albert B. Engelbert
Notary Public

This is to certify that I, Burt E. Nelson, have full knowledge of the ingredients used in compounding Dr. Kilmer's Swamp-Root and that the above statement regarding its purity is absolutely true--its high standard of quality and excellence is, and always has been, carefully maintained from day to day.

Burt E. Nelson, Chief Chemist,
Dr. Kilmer & Co.,

Dr. Kilmer & Co.

SWAMP-ROOT ALMANAC

Weather Forecasts, Horoscopes & Dream Book

1940

ALMANAC CALCULATIONS FOR 1940

The year 1940 comprises the latter part of the 164th and the beginning of the 165th year of American Independence and corresponds to: The year 6653 of the Julian Period; the year 5701 of the Jewish era beginning at sunset on October 2nd; the year 2693 since the foundation of Rome, according to Varro; the year 2600 of the Japanese era; the year 1359 of the Mohammedan era. The first day of January, 1940, is the 2,429,630 day since the commencement of the Julian Period.

CHRONOLOGICAL CYCLES, 1940

Dominical Letter.....GF	Lunar Cycle or Golden No.....3	Roman Indiction.....8
Epact.....21	Solar Cycle.....17	Julian Period.....6653

MORNING AND EVENING STARS FOR 1940

The Planet Venus (♀) is Evening Star to June 26th, then Morning Star balance of year.
The Planet Mars (♂) is Evening Star to August 30th and then Morning Star to end of year.
The Planet Jupiter (♃) will be Evening Star to April 11th, then Morning Star until November 2nd and Evening Star again to end of year.
The Planet Saturn (♄) begins as Evening Star and continues as such until April 24th; is then Morning Star to November 3rd, then Evening Star balance of year.

EMBER DAYS, 1940

February 14, 16 and 17	May 15, 17 and 18	September 18, 20 and 21	December 18, 20 and 21
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DR. KILMER'S SWAMP-ROOT

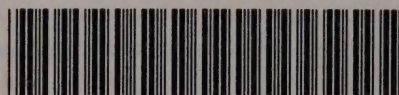
is a vegetable compound and the active ingredients are from the following:

Buchu Leaves	Sculcap Leaves
Oil of Juniper	Venice Turpentine
Oil of Birch (Betula)	Valerian Root
Colombo Root	Rhubarb Root
Golden Seal Root	Mandrake Root
Sassafras	Aloes
Balsam Copaiba	Cinnamon
Balsam Tolu	Sugar (a preservative)

This information is given for the benefit of physicians who believe in internal medicine and who may be induced to try Swamp-Root, if they know the ingredients.

Send for Sample Bottle—Use Valuable

1



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SEASONS FOR 1940—Eastern Standard Time

⊙ enters ♈, Spring begins	March 20d. 1h. 24m. Eve.
⊙ enters ☊, Summer begins	June 21d. 8h. 37m. Morn.
⊙ enters ♏, Autumn begins	Sept. 22d. 11h. 46m. Eve.
⊙ enters ♐, Winter begins	Dec. 21d. 6h. 55m. Eve.

CHURCH DAYS FOR 1940

Epiphany	January 6	Easter Sunday	March 24
Septuagesima Sunday	January 21	Low Sunday	March 31
Sexagesima Sunday	January 28	Rogation Sunday	April 28
Quinquagesima Sunday	February 4	Ascension Day	May 2
Shrove Tuesday	February 6	Pentecost—Whit Sunday	May 12
Ash Wednesday	February 7	Trinity Sunday	May 19
Quadragesima Sunday	February 11	Corpus Christi	May 23
Palm Sunday	March 17	Advent Sunday	December 1
Good Friday	March 22	Christmas Day	December 25

ECLIPSES FOR 1940

There will be two eclipses in 1940, both of the sun.

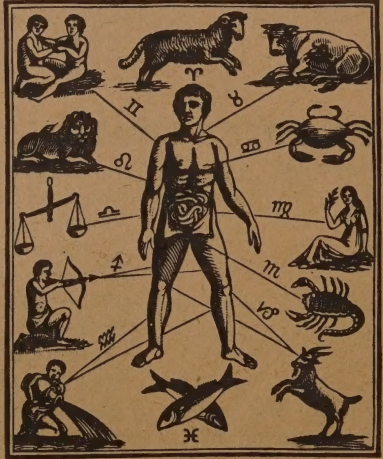
I: An Annular Eclipse of the Sun April 7th, visible generally here as a partial eclipse. The annular phase will be visible in southern part of United States. Eclipse begins 1:26 p.m. Eclipse ends 5:16 p.m. (Eastern Standard Time).

II: A Total Eclipse of the Sun October 1st, invisible here. Visible to South America, southern part of Africa and portions of Oceans adjoining.

There will be a Transit of Mercury over the Sun's disk November 11th, visible here in part, the Sun setting with the planet on its disk.

ANATOMY OF MAN'S BODY

As Said to be Governed by the Moon passing through the Twelve Signs of the Zodiac

<i>Aries</i> ♈ the Ram Head and Face	♈		♉ <i>Taurus</i> ♂ the Bull Neck and Throat
<i>Gemini</i> ♊ the Twins Head and Shoulders	♊		♋ <i>Cancer</i> ☊ the Crab Breast and Stomach
<i>Leo</i> ♌ the Lion Head and Back	♌		♍ <i>Virgo</i> ♀ the Virgin Abdominal Organs
<i>Libra</i> ♎ the Scales Loins and Kidneys	♎		♏ <i>Scorpio</i> ♂ the Scorpion Secrets and Bladder
<i>Sagittarius</i> ♐ the Archer Hips and Thighs	♐		♑ <i>Capricornus</i> ♂ the Goat Knees and Hams
<i>Aquarius</i> ♒ the Water Bearer, Legs and Ankles	♒		♓ <i>Pisces</i> ♀ the Fishes Feet and Toes

Send for Sample Bottle—Use Valuable Swamp-Root Coupon on Page 32



CAPRICORN
DEC. 21—
JAN. 20

JANUARY (1st Month. 31 Days) 1940

HOROSCOPE (Jan. 20th to Feb. 19th): If you were born in Aquarius you have many gifts. Develop them and use them well. You can reach great heights and attain real success through hard work and determination. You are very creative, ambitious, honest and generous, and you have unbonded energy and enthusiasm but, at times, fearful and cautious. Guard against this inclination and go through life with the confidence and assurance that you are fitted for great achievements. Depend on your own judgment and choose your own career. Be courageous, you have gifts sufficient to compensate any misfortune, and you can rise to any prominence. It rests with you, but you must act promptly and decisively.

AQUARIUS
JAN. 20—
FEB. 19



☾ Last Quarter ☽ New Moon ☾ First Quarter ☽ Full Moon ☾ Last Quarter

Daily Horoscopes, Condensed 1940

Day of Month	Day of Week	Moon's Phase		CALENDAR N. STATES Lat. 42°+			CALENDAR S. STATES Lat. 33°+		
				Sun rises	Sun sets	Moon rises	Sun rises	Sun sets	Moon rises
				H.M.	H.M.	H.M.	H.M.	H.M.	H.M.
1	M	☾	New Year's Day	7 30	4 37	morn	7 03	5 05	morn
2	T	☾	Loyal and sincere in friendship	7 30	4 38	0 14	7 03	5 06	0 12
3	W	☾	Impulsive, rather high-tempered	7 30	4 38	1 22	7 03	5 06	1 13
4	T	☾	Industrious and determined	7 30	4 39	2 31	7 03	5 07	2 17
5	F	☾	Strong personality	7 30	4 40	3 37	7 03	5 08	3 18
6	S	☾	Epiphany—Rely on your own judgment	7 30	4 41	4 40	7 04	5 09	4 17
7	S	☾	Inclined to thrift	7 30	4 42	5 38	7 04	5 10	5 14
8	M	☾	Unconscious of own possibilities	7 30	4 43	6 32	7 04	5 11	6 07
9	T	☾	Mentally and physically active	7 30	4 44	sets	7 04	5 11	sets
10	W	☾	Very successful in right vocation	7 29	4 45	6 04	7 04	5 12	6 25
11	T	☾	Face life cheerfully	7 29	4 46	7 01	7 04	5 13	7 20
12	F	☾	Tireless, great capacity for work	7 29	4 47	8 00	7 03	5 14	8 14
13	S	☾	Dependable and self-reliant	7 28	4 49	9 00	7 03	5 15	9 08
14	S	☾	Capable of responsibility	7 28	4 50	9 59	7 03	5 16	10 01
15	M	☾	Home loving nature	7 28	4 51	10 57	7 03	5 17	10 54
16	T	☾	Obtain prominence through effort	7 27	4 53	11 54	7 02	5 18	11 50
17	W	☾	Serious minded and energetic	7 27	4 54	morn	7 02	5 19	morn
18	T	☾	Banish all fears	7 26	4 55	0 54	7 02	5 19	0 44
19	F	☾	Unexpected journeys	7 26	4 56	1 56	7 02	5 20	1 41
20	S	☾	A lover of outdoor sports	7 25	4 57	2 58	7 01	5 21	2 40
21	S	☾	Septuagesima Sunday Frugal yet	7 25	4 58	4 01	7 01	5 22	3 40
22	M	☾	Strong religious bent charitable	7 24	4 59	5 04	7 01	5 23	4 40
23	T	☾	Avoid speculation	7 23	5 00	6 03	7 00	5 24	5 37
24	W	☾	Great perseverance	7 22	5 02	rises	7 00	5 25	rises
25	T	☾	Mechanical skill	7 21	5 03	6 21	6 59	5 26	6 38
26	F	☾	Generally successful	7 20	5 04	7 36	6 59	5 27	7 47
27	S	☾	Lasting friendships	7 19	5 06	8 49	6 58	5 28	8 56
28	S	☾	Sexagesima Sunday—Sterling loyalty	7 18	5 08	10 00	6 57	5 29	10 00
29	M	☾	Domestic troubles	7 17	5 09	11 12	6 57	5 30	11 04
30	T	☾	Danger from overwork	7 17	5 11	morn	6 56	5 31	morn
31	W	☾	Cultivate self-confidence	7 16	5 12	0 23	6 56	5 32	0 10

MOON'S PHASES

Eastern			Central			Mountain			Pacific		
D.	H.	M.	D.	H.	M.	D.	H.	M.	D.	H.	M.
1	11	56A	1	10	56A	1	9	56A	1	8	56A
9	8	53M	9	7	53M	9	6	53M	9	5	53M
17	1	21A	17	0	21A	17	11	21M	17	10	21M
24	6	22A	24	5	22A	24	4	22A	24	3	22A
31	9	47M	31	8	47M	31	7	47M	31	6	47M

WEATHER FORECAST

1st to 4th, Storms—Rain, sleet and snow storms general at this time. Piercing cold winds from the west and northwest felt in many sections.

5th to 8th, Unsettled Period—Cold and blustery over west and northwest. Damp, cold and disagreeable conditions over Middle Atlantic and New England states.

9th to 14th, Fair Wave—Weather moderating and fair over states of the northwest, middle-west and Lake region. Rising temperature in all southern sections. Windy on Gulf and south Atlantic coasts.

15th to 18th, Cold Period—Rough, stormy conditions on the Pacific coast and in states of the Rocky Mountain region. Disagreeable weather at all points in the southwest and middle-west. Cold and blustery over states of the Lake region.

19th to 23rd, Pleasant Period—Sunny days and cold nights in states of the west and middle-west. Clear and pleasant in Gulf and south Atlantic states.

24th to 28th, Storm Wave—Sleet and snow over the Lake region, Middle Atlantic and New England states. Blizzard storms over Rocky Mountain region and the middle-west. Cloudy and disagreeable in states of the south.

29th to 31st, Cold Wave—Very cold and blustery in states of the west and northwest. Dangerous gales along Lake region. Much wind and bluster along south Atlantic and Gulf coasts.

The average temperature for the month will range close to, or slightly below normal. The precipitation will be slightly below the average.

High Praise from Mississippi

Jan. 31st, 1939

Dr. Kilmer & Company,
Binghamton, N. Y.
Gentlemen:

Enclosed find back portion of SWAMP-ROOT Carton for one of your Dream Books, and, if you would like you may use my name and address. My husband and myself both have used SWAMP-ROOT and don't know how to express the good it has done us. It helped us, and I am sure it can help others if they will buy it.

Respectfully yours,
MRS. ARTIMEASE EVANS,
10 Lydia Street,
Vicksburg, Miss.

Send for Sample Bottle—Use Valuable Swamp-Root Coupon on Page 32

A Diuretic to the Kidneys is Often Needed

Brief Description of Urinary Organs and Urine

The genito-urinary tract comprises the kidneys, ureters, the bladder and the urethra

The Kidneys

The Kidneys are the two largest tubular glands of the body—and are intended for the secretion of urine.

Each kidney is about four inches in length, two in breadth and one in thickness. The weight of the kidney in the adult varies from four to six ounces.

The kidneys are deeply placed in the abdominal cavity, one lying on either side of the spinal column close up to the diaphragm and between the diaphragm above and the crest of the ilium or upper border of the hip bone below. The kidneys either by a process of secretion or filtration take the water, the inorganic salts and other substances out of the blood and pass them on in the form of urine.

The Bladder

The bladder is a large sac situated in the bony pelvis. In the form of a triangle when empty, it assumes an ovoid shape when full, its shortest diameter extending from before backwards and its largest running from above downwards. Its capacity in adults varies from ten to twenty fluid ounces.

The posterior surface in the male lies close to the rectum and in the female it lies close to the womb and broad ligaments. The bladder is the reservoir for the urine.

The Ureters

The ureters are small tubes which connect the kidneys to the bladder. They act as channels for the passage of the urine from one to the other. They are cylindrical, membranous tubes from sixteen to eighteen inches in length and of about the same diameter as a goose quill.

The Urethra

The urethra is the membranous tube through which the urine passes from the bladder.

The great service which the genito-urinary tract performs is the elimination from the body of waste matter. Taken from the system either by a process of secretion or filtration by the kidneys in the form of urine, the bladder, ureters, and urethra all have functions to perform in the process of elimination for which a normal supply of urine by the kidneys is essential.

The Urine

Normal urine is a pale amber colored fluid, of acid reaction, having a specific gravity of 1015 to 1025 and an odor which is not disagreeable. When the kidneys and bladder are acting normally there are no indications in the urine to call attention to them. But if there is a relatively small supply of urine that is highly colored, dirty or cloudy, with a heavy sediment or deposit, it becomes evident that the functions of the genito-urinary tract are not being properly performed. In such conditions Swamp-Root will be found useful as a stimulant diuretic to increase the flow of urine and thus aid in the elimination of the waste matter through the urinary passages.

How Swamp-Root Acts

Swamp-Root as a diuretic not only increases the urine and aids the elimination of waste substances but it contains ingredients that have a very mild laxative effect which aids in elimination through the intestinal tract.

Sediment in the Urine

A heavy sediment or deposit in the urine usually indicates an abnormal amount of waste material coming through the kidneys, and a diuretic such as Swamp-Root will stimulate the kidneys to an increased output of urine and help to eliminate this substance.

Swamp-Root aids in the elimination of waste through its stimulating diuretic property.

Two of the main channels or passageways for the elimination or discharge of waste material from the body are the gastro-intestinal tract, through the action of the bowels, and the kidneys, through the urine. It is often desirable to aid these eliminative systems. Swamp-Root is a diuretic aid to the kidneys, which increases the flow of urine; it is also a very mild laxative and thus it aids in the elimination of waste matter through both the urinary and intestinal systems.



FEBRUARY (2nd Month, 28 Days) 1940

HOROSCOPE (Feb. 20th to Mar. 21st): You are inclined to be independent but have a winning personality and are deferential to superiors. You have a natural thirst for knowledge and are very accurate and particular and occasionally too exacting. You also have mechanical ability which gives you a choice of profession. You would make an excellent public official as you have keen judgment and good reasoning powers. You sometimes lack self-confidence which trait you should overcome. You are emotional, but will try to conceal your feelings. It is unlikely that you will ever be involved in any serious difficulties. You are inclined to be conventional in your social activities and will have many friends.

☉ New Moon ☽ First Quarter ☾ Full Moon ☿ Last Quarter

Daily Horoscopes, Condensed 1940

Day of Month	Day of Week	Moon's Place		CALENDAR N. STATES Lat. 42°+			CALENDAR S. STATES Lat. 33°+		
				Sun	Sun	Moon	Sun	Sun	Moon
				rises	sets	rises	rises	sets	rises
				H.M.	H.M.	H.M.	H.M.	H.M.	H.M.
1	T	♈	Intellectual leaders	7 15 5	13	1 30 6	55 5	33	1 11
2	F	♈	Candlemas—Enjoy Social position	7 14 5	14	2 32 6	55 5	34	1 12
3	S	♈	Refined tastes	7 13 5	15	3 32 6	54 5	35	3 08
4	S	♈	Quinquagesima Sunday—Naturally	7 12 5	16	4 27 6	53 5	35	4 02
5	M	♈	Ideal companions kind hearted	7 11 5	18	5 17 6	52 5	36	4 52
6	T	♈	Shrove Tuesday—Mystical views	7 10 5	19	5 58 6	52 5	37	5 36
7	W	♈	Ash Wednesday—Literary	7 09 5	20	6 37 6	51 5	38	6 18
8	T	♈	Delicate and fastidious	7 08 5	22	sets	6 50 5	39	sets
9	F	♈	Not overly domesticated	7 07 5	23	6 51 6	49 5	40	7 01
10	S	♈	Somewhat superstitious	7 06 5	24	7 50 6	48 5	41	7 55
11	S	♈	Quadragesima Sunday—Unselfish,	7 04 5	25	8 49 6	47 5	42	8 49
12	M	♈	Considerate of others agreeable	7 02 5	26	9 43 6	46 5	43	9 41
13	T	♈	Keenly intuitive	7 01 5	27	10 43 6	46 5	43	10 34
14	W	♈	Ember Day—St. Valentine	7 00 5	28	11 44 6	45 5	44	11 30
15	T	♈	Patient and tolerant	6 58 5	29	morn	6 44 5	45	morn
16	F	♈	Ember Day conventional	6 57 5	31	0 45 6	43 5	46	0 26
17	S	♈	Ember Day Cultivate personal	6 56 5	33	1 45 6	42 5	47	1 23
18	S	♈	Self-sacrificing interests	6 54 5	34	2 45 6	41 5	48	2 22
19	M	♈	Personal popularity	6 53 5	35	3 43 6	40 5	49	3 20
20	T	♈	Good reasoning powers	6 51 5	37	4 38 6	39 5	50	4 15
21	W	♈	Hospitable	6 49 5	38	5 30 6	38 5	51	5 08
22	T	♈	Marked degree of originality	6 48 5	40	6 15 6	36 5	51	5 58
23	F	♈	Generous to a fault	6 47 5	41	rises	6 35 5	52	rises
24	S	♈	Romantic affairs	6 45 5	42	7 42 6	34 5	53	7 44
25	S	♈	Not overly religious	6 43 5	44	8 53 6	33 5	53	8 54
26	M	♈	Ready sympathy	6 42 5	45	10 05 6	32 5	54	9 56
27	T	♈	Mild mannered	6 40 5	46	11 17 6	31 5	55	11 02
28	W	♈	Diversified talent	6 39 5	47	morn	6 30 5	55	morn
29	T	♈	Very talented	6 38 5	48	0 23 6	29 5	56	0 04

MOON'S PHASES

Eastern	Central	Mountain	Pacific
D. H. M.	D. H. M.	D. H. M.	D. H. M.
8 2 45M	8 1 45M	8 0 45M	7 11 45A
16 7 55M	16 6 55M	16 5 55M	16 4 55M
23 4 55M	23 3 55M	23 2 55M	23 1 55M
29 9 35A	29 8 35A	29 7 35A	29 6 35A

WEATHER FORECAST

1st to 3rd, Storm Period—Stormy and unsettled conditions over Lake region and New England. Snowstorms over Rocky Mountain region and states of the midwest. Damp and unsettled over southern states.

4th to 7th, Cold Period—Very cold and disagreeable in states of the west and northwest. Sudden fall in temperature felt in central and eastern sections.

8th to 10th, Mild Wave—Weather pleasant in states of the south and southwest. Fair and mild over Middle Atlantic and New England states. Windy over northwest and midwest sections.

11th to 14th, Storm Period—Storms of rain, sleet and snow in most sections. High winds over Lake region, New York and New England.

15th to 18th, Unsettled Wave—Stormy and unsettled over states of the north Pacific slope, the Rocky Mountain region and the northwest. Strong gales along Lake region.

19th to 22nd, Fair Period—Fair and warmer in states of the Gulf border and south Atlantic. Variable conditions over Middle Atlantic states. Windy over states of the north.

23rd to 29th, Rain Wave—General rains at this time for states of the southern half of the country. Sleet and snow over Lake region, New York and New England. Threatening over north Pacific slope and Rocky Mountain highland.

The temperature will be below the monthly average.

The rainfall will be at about normal.

Tennessee Women use SWAMP-ROOT

1056 Rayner Street, MEMPHIS, TENN.

Dr. Kilmer & Co.

GENTLEMEN:—I received the sample bottle of SWAMP-ROOT and thank you kindly. Since I tasted the medicine I remembered it's just what Mother used when I was a girl and she used to give it to me and I remembered the taste. It is a fine vegetable tonic medicine for me.

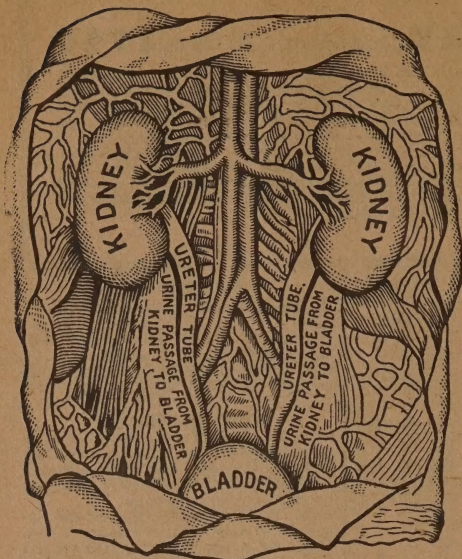
I think your U & O Anointment is just fine. I certainly thank you and will be glad to tell anyone about your Tonic and the U & O Anointment. You are welcome to use my letter in any way so that some one else may try your preparations as I did.

With many thanks and wishing you much success, I remain,

MISS THELMA EDWARDS

Send for Sample Bottle—Use Valuable Swamp-Root Coupon on Page 32

Anatomical Diagram



The above illustration shows the position of the kidneys in the human body and the Ureter tubes, the only way by which the urine is conveyed from the kidneys to the bladder.

An accumulation of waste in the intestinal tract results in constipation, then one of the two main channels of elimination or escape for the waste materials of the body becomes temporarily impaired to some extent. The constipated condition should be given attention by use of a good laxative. (Swamp-Root is only very mildly laxative.) Since the burden on the kidneys will be temporarily increased a diuretic aid to the kidneys is indicated. Swamp-Root is an effective diuretic to the kidneys—thus aiding in the elimination of waste through the urinary passage. Swamp-Root is also of value because it is a carminative and stomachic tonic which has a beneficial effect on the gastro-intestinal tract.

What Is a Diuretic?

What is the function of a diuretic?—Diuretics are used to increase the flow of urine from the kidneys. They act by stimulating the Renal Epithelium (mucous membrane or lining membrane of the little tubes or tubules, etc., in the kidney itself which secretes or filters the watery and inorganic salts out of the blood to form urine) to greater activity by increasing the excretion of both the watery and solid constituents of the urine, or they simply increase

the watery constituents by increased blood pressure in the kidney.

Swamp-Root is a highly esteemed diuretic and contains ingredients which exert a beneficial influence through its diuretic action and effect.

Swamp-Root Helps Flush the Kidneys and Bladder

The normal amount of urine passed is about fifty ounces in 24 hours. The urine is a pale amber color, with a slightly acid reaction, a not unpleasant odor and very little or no sediment or deposit. There is often a temporary irritation with some interference with the normal passage of urine. Swamp-Root by increasing the flow of urine helps to flush the urinary tract and thus greatly aids in elimination of wastes.

Swamp-Root an Aid to the Genito-Urinary Tract

When the genito-urinary tract is in need of a diuretic to increase the flow of urine, Swamp-Root will be found helpful, as an aid in increasing the output of urine.

Swamp-Root as a Carminative—very Mildly Laxative

In flatulence or distension of the intestines with gas as sometimes occurs, Swamp-Root through its herbal tonic and carminative effect will be found of service. Swamp-Root is very mildly laxative as well as a carminative and diuretic and is beneficial for a gassy condition.

The Kidneys Have an Important Task

Have you stopped to consider the vast number of cells there are in the body and that each cell has its own blood supply which not only supplies it with the proper amount of heat and nourishment but carries away from the cell its waste material? This gives some idea of the task that the kidneys are called upon to perform in filtering out this substance from the blood and passing it out of the body in the form of urine. Swamp-Root by its diuretic action, stimulates the kidney function and helps it to eliminate.

Send for Sample Bottle—Use Valuable Swamp-Root Coupon on Page 32



ARIES
MAR. 21—
APR. 19

PISCES
FEB. 19—
MAR. 21



MARCH (3rd Month. 31 Days) 1940

HOROSCOPE (Mar. 22nd to Apr. 20th): You have personality plus ability, confidence and trust in humanity and are generous to a fault, a kind parent devoted to children but at times overly-critical. You are cheerful, agreeable, quick to make friends and very demonstrative. Avoid restlessness, combativeness and indecision and practice concentration. You are aesthetic and enjoy flowers, poetry, music and art and have an inborn love of finery and display, and possessed of no little genius. Conserve your resources and hold firm to your course. You have a fortunate horoscope and will be favored by influential people. Your adaptability and inventiveness will help you greatly in your social life.

☾ New Moon ☽ First Quarter ☾ Full Moon ☾ Last Quarter

Daily Horoscopes, Condensed 1940

Day of Month	Day of Week	Moon's Place		CALENDAR N. STATES Lat. 42°+			CALENDAR S. STATES Lat. 33°+		
				Sun rises	Sun sets	Moon rises	Sun rises	Sun sets	Moon rises
1	F	♈	Given to reflection	6 37 5	4 49	1 25	6 28 5	5 57	1 03
2	S	♈	Well mannered and even tempered	6 35 5	5 0	2 22	6 27 5	5 58	1 58
3	S	♈	Intensely sympathetic	6 34 5	5 1	3 14	6 26 5	5 59	2 49
4	M	♈	Much latent will power	6 33 5	5 3	3 59	6 25 6	00	3 35
5	T	♈	Orderly, systematic	6 31 5	5 4	4 38	6 24 6	00	4 17
6	W	♈	Philanthropic	6 29 5	5 5	5 13	6 23 6	01	4 55
7	T	♈	Gifted with second sight	6 27 5	5 56	5 44	6 22 6	02	5 31
8	F	♈	A lover of nature	6 25 5	5 57	sets	6 20 6	02	sets
9	S	♈	Changeable and capricious	6 24 5	5 59	6 40	6 19 6	03	6 43
10	S	♈	Fond of travel	6 22 6	00	7 35	6 18 6	04	7 35
11	M	♈	Comprehensive ideas	6 21 6	01	8 36	6 17 6	04	8 29
12	T	♈	Uncommon personality	6 19 6	02	9 36	6 16 6	05	9 24
13	W	♈	Prophetic ability	6 17 6	03	10 36	6 14 6	06	10 20
14	T	♈	Magnetic powers	6 15 6	04	11 35	6 13 6	07	11 16
15	F	♈	Deep spirituality	6 13 6	05	morn	6 11 6	08	morn
16	S	♈	Pioneering tendencies	6 12 6	07	0 33	6 10 6	08	0 12
17	S	♈	Palm Sunday—St. Patrick's Day	6 10 6	08	1 31	6 09 6	09	1 07
18	M	♈	Reserved and self-absorbed	6 09 6	09	2 27	6 08 6	10	2 02
19	T	♈	Desire for knowledge	6 07 6	10	3 16	6 06 6	10	2 54
20	W	♈	Spring begins—Creative mind	6 05 6	11	4 02	6 05 6	11	3 44
21	T	♈	Benevolent nature	6 04 6	12	4 45	6 04 6	12	4 32
22	F	♈	Good Friday	6 02 6	13	5 24	6 02 6	12	5 15
23	S	♈	Fond of pleasure	6 00 6	14	rises	6 01 6	13	rises
24	S	♈	Easter Sunday	5 59 6	15	7 41	6 00 6	14	7 33
25	M	♈	Material comfort	5 57 6	16	8 55	5 58 6	15	8 43
26	T	♈	Harmonious surroundings	5 55 6	18	10 08	5 57 6	16	9 50
27	W	♈	Active imagination	5 53 6	19	11 13	5 55 6	17	10 52
28	T	♈	Influential friends	5 51 6	20	morn	5 53 6	17	11 50
29	F	♈	Cultivate confidence	5 49 6	21	0 13	5 52 6	18	morn
30	S	♈	Abundant ideas	5 47 6	22	1 08	5 51 6	18	0 44
31	S	♈	Low Sunday	5 46 6	23	1 55	5 50 6	19	1 32

MOON'S PHASES

Eastern	Central	Mountain	Pacific
D. H. M.	D. H. M.	D. H. M.	D. H. M.
8 9 23A	8 8 23A	8 7 23A	8 6 23A
16 10 25A	16 9 25A	16 8 25A	16 7 25A
23 2 33A	23 1 33A	23 0 33A	23 11 33M
30 11 20M	30 10 20M	30 9 20M	30 8 20M

WEATHER FORECAST

1st to 3rd, Variable Period—Cool to fair conditions in many parts of the country. Stormy over states of the southwest. Changeable conditions in states of the Gulf and south Atlantic.

4th to 8th, Fair Period—Mild, clear and pleasant at points east and west. Much bluster over states of the Lake region and northwest.

9th to 13th, Windy Spell—Blustery and stormy in states of the Pacific slope and Rocky Mountain region. Threatening, cool and damp at many points. Unsettled in states of the Gulf border and south Atlantic.

14th to 17th, Damp Period—Cloudy to variable conditions over states of the northwest, the Lake region and New England. Damp and disagreeable over southern and eastern sections.

18th to 21st, Mild Wave—Weather clearing and moderating at most points west of the Mississippi river. Warm and foggy over southern and eastern sections.

22nd to 26th, Storm Wave—High winds and cool conditions in states of the northwest, the Lake region and New England. Rain over southern and eastern parts of the country.

27th to 31st, Disagreeable Spell—Cold, with high winds general over Rocky Mountain highland and states of the west and middle west. Damp and cold over Middle Atlantic and New England states.

The temperature will be at about the average. The precipitation slightly below normal.

Elderly People Praise SWAMP-ROOT

LUDINGTON, MICH., January 19, 1937.

Dr. Kilmer & Co., Binghamton, N. Y.

Enclosed please find the required part of carton for one of your Dream Books.

My husband and myself both use your medicine SWAMP-ROOT and haven't words to express the good it is doing us. We are both nearing sixty years of age and find it has helped us so much, as you know people of our age need help, also a good herbal tonic, and SWAMP-ROOT surely is putting us on our feet.

Sincerely yours,

MRS. C. F. McEMBER,
715 Rowe St. North, Ludington, Mich.

Send for Sample Bottle—Use Valuable Swamp-Root Coupon on Page 32

We Recommend Swamp-Root When a Diuretic Is Needed

A good index by which it may be determined whether you are passing daily a normal amount of urine is to measure the output which should be about fifty ounces in 24 hours. Normal urine is a pale amber color with a slightly acid reaction, a not disagreeable odor, and very little or no sediment or deposit. If your kidneys and bladder function normally, nothing in the color, quantity, or odor of the urine is likely to attract your attention. If there is a temporary decrease of urine, the urine will have a darker color, odor more pronounced and there may be some sediment. Swamp-Root because it contains ingredients which are recognized as being of value as a diuretic aid to the kidneys and which increase the flow of urine, should prove beneficial.

CAUTION—We do not recommend Swamp-Root, nor any of our liquid preparations, to those who suffer from sugar diabetes, for the reason that these medicines for internal use, contain sugar (a preservative).

Directions

The dose is from one to three teaspoonfuls at a time; may take it before, after or between meals, and also at bedtime; may increase or lessen the quantity and number of doses as the case may seem to require. Children less, according to age. It may be taken with a little water or milk if the person so desires.

If the stomach is weak, smaller doses in the beginning should be taken. When it seems best you might omit a dose or two, or omit even for a day or so, when regular doses may be taken again. It has a pleasant taste, contains no minerals, or harmful drugs, and is highly esteemed for the purposes for which it is so highly recommended.

Read particular directions on every bottle of Swamp-Root.

A SIMPLE PLANT TONIC

Dr. Kilmer's Swamp-Root is not offered as a tonic for anemic conditions, where the administration of iron may be considered necessary, nor is it intended as a heart tonic where the use of heart stimulants may be required—Dr. Kilmer's Swamp-Root is a simple plant tonic—stomachic and carminative and very mildly laxative.

FIRST AID In Case of Accident

The first thing to do, in all accidents, is to call a doctor if the injury is at all serious. If you are in doubt, call a doctor anyway. Then, while you are waiting for him, or if the injury is slight, apply the proper treatment.

BURNS AND SCALDS—Apply a solution of baking soda, or petroleum jelly, lard, olive oil or linseed oil, and bandage. If the burn is from an acid, wash with soap suds or alcohol. If it is from lye, or any strong alkaline, use strong vinegar. If the burn is deep or if it is mild, but covers a large area, call a doctor.

CHOKING—If severe, do not slap back while the victim is sitting or standing. If a young child, hold upside down. If an adult, lay over table, chair or bed with the head hanging down and then clap the back.

CUTS AND WOUNDS—Wash minor cuts gently with pure warm water, to remove dirt and foreign matter, and then paint with iodine, hydrogen peroxide or any good antiseptic. To stop slow, steady bleeding apply ice, hot and cold water alternately, or a pressure bandage directly on the wound. If bright red blood comes from the wound in spurts, an artery has been severed and quick action is necessary. If the wound is in a limb, apply a bandage between the wound and the heart and twist it until bleeding slows down. If in the body, feel for the pulsing artery and press firmly on it so that the bleeding lessens, until the doctor comes.

DROWNING—Grasp the victim around the waist and raise, to let the water out of the throat and lungs. If breathing, apply the treatment for fainting. If not, apply artificial respiration. Send for a doctor.

ELECTRIC OR LIGHTNING SHOCK—If not breathing, apply artificial respiration. Otherwise treat as for fainting. If the victim is still in contact with the source of current, pull away without touching his body. This can be done with a dry stick, or with ropes.

FAINTING—Place patient on back with head low (unless the face is red, in which case, place head on pillow). See that the clothing is loosened at neck, chest and waist. Rub wrists and ankles towards the body. Hold ammonia, smelling salts or camphor near the nose. Never give drinks to an unconscious person. When revived, give hot stimulating drinks. If prolonged send for a physician.

SPRAINS, BRUISES—To reduce pain and swelling, soak in hot water for an hour or so and then massage with tincture of arnica or any good liniment. Repeat the treatment until sufficiently relieved. All sprains should be examined by a physician.

NOSEBLEED—Do not have patient lie down and apply cold cloths to back of neck. Have patient sit upright and try, in order: cold cloths or ice applied to nose and face; draw very strong cold tea into nostrils; plug nostrils with clean cotton, removing gently when bleeding stops. If bleeding persists, call a doctor.

SUNSTROKE, HEAT PROSTRATION—These are not the same. In sunstroke the face is flushed and hot. Apply ice or cold cloths to head and body. Give cold enemata until temperature is normal. In heat prostration, the body is cold and limp. Loosen clothing. Apply hot towels or hot water bottles to feet and abdomen. Give hot drinks and stimulants.

ARTIFICIAL RESPIRATION—Remember that seconds count. Do not wait for more help or for a pulmotor. Do not even try to carry the victim to a quiet spot. If you are sure that breathing has ceased, do this at once: Lay the patient face downward, head lower, if possible, and turned to one side. Have one arm extended and the other under the chin to keep the mouth free of dirt. Now, kneel over the patient. Place your hands on the patient's back, just below the ribs. Hold your fingers together, the tips turned out and the wrists about four inches apart. Now press down hard enough to expel the air from the lungs. Then snap your hands off so that the air will come back into the lungs. Repeat this at the rate of your own breathing, until the patient begins breathing naturally, until a doctor arrives, or until it is plain that your efforts are in vain.

SEND FOR A FREE SAMPLE BOTTLE OF SWAMP-ROOT
Use Valuable Swamp-Root Coupon on Page 32



ARIES
MAR. 21—
APR. 19

APRIL

(4th Month. 30 Days)

1940

HOROSCOPE (Apr. 21st to May 21st): Your idealism and enthusiasm are your main characteristics, in fact, you are overly-enthusiastic at any new undertaking but lose interest rather quickly. Cultivate persistency, you can be a leader as you have many attractive qualities. You are a most interesting companion, kind and charitable, and have loyal, devoted and influential friends but would not be successful in partnership as you resent interference and suggestions. In a congenial occupation you should be most happy. Most successful as a salesman, also expert with machinery of any kind. You are fond of money and will gradually accumulate riches. You are tenacious in your moral and religious convictions and will win general respect.

TAURUS
APR. 19—
MAY 20

☉ New Moon ☽ First Quarter ☾ Full Moon ☿ Last Quarter

MOON'S PHASES

Eastern				Central				Mountain				Pacific			
D.	H.	M.	M.	D.	H.	M.	M.	D.	H.	M.	M.	D.	H.	M.	M.
7	3	18A		7	2	18A		7	1	18A		7	0	18A	
15	8	46M		15	7	46M		15	6	46M		15	5	46M	
21	11	37A		21	10	37A		21	9	37A		21	8	37A	
29	2	49M		29	1	49M		29	0	49M		28	11	49A	

WEATHER FORECAST

1st to 5th, Cool Period—Cool nights and mornings over states of the Rocky Mountain highland, in Central, Middle Atlantic and New England states. Damp and foggy over Gulf and south Atlantic states.

6th to 10th, Storm Wave—Very blustery over south and southwest sections. Stormy and cold in states of the northwest and midwest. Cool conditions at many points south and east.

11th to 14th—Continued stormy conditions at many points. Heavy gales along all maritime shores. High winds in states of the Pacific slope.

15th to 18th, Rain Period—Much rain at this time in states of the Gulf and south Atlantic. Cool and damp in northern sections.

19th to 22nd, Fair Period—Clear and warm over southwest and midwest sections. Warm and sultry in southern and eastern parts of the country.

23rd to 25th, Storm Wave—Wind, rain and thunderstorms at many points in southern and eastern sections. Hail locally in Central and Middle Atlantic states.

26th to 30th, Pleasant Period—Spring-like conditions in states of the south and southwest. Cool winds from the northwest over states of the Rocky Mountain highland and Lake region. Warm and foggy over Middle Atlantic and New England states.

The temperature will be at about the average. The rainfall will be at, or slightly above normal.

Day of Month	Day of Week	Moon's Place	Daily Horoscopes, Condensed 1940	CALENDAR N. STATES Lat. 42°+			CALENDAR S. STATES Lat. 33°+		
				Sun	Sun	Moon	Sun	Sun	Moon
				rises	sets	rises	rises	sets	rises
				H.M.	H.M.	H.M.	H.M.	H.M.	H.M.
1	M	♈	All Fool's Day	5 44	6 24	2 37	5 49	6 20	2 16
2	T	♈	Over enthusiastic	5 43	6 26	3 14	5 48	6 21	2 55
3	W	♈	Quick achievements	5 41	6 27	3 47	5 46	6 21	3 32
4	T	♈	Very exacting	5 39	6 28	4 17	5 45	6 22	4 05
5	F	♈	Faithfulness	5 37	6 29	4 44	5 44	6 23	4 37
6	S	♈	Sunny disposition	5 36	6 30	5 10	5 43	6 23	5 08
7	S	♏	Roaming tendencies	5 34	6 31	sets	5 42	6 24	sets
8	M	♏	Physical resistance	5 32	6 32	7 30	5 40	6 24	7 20
9	T	♏	Cunning mind	5 31	6 33	8 30	5 39	6 25	8 15
10	W	♏	An affectionate nature	5 29	6 34	9 30	5 38	6 26	9 11
11	T	♏	Avoid impulsiveness	5 27	6 35	10 28	5 36	6 26	10 07
12	F	♏	Love of hunting	5 26	6 37	11 26	5 35	6 27	11 02
13	S	♏	Adventurous ambition	5 24	6 38	morn	5 34	6 28	11 57
14	S	♏	Lack of forethought	5 23	6 39	0 21	5 33	6 28	morn
15	M	♏	Alternate loss and gains	5 22	6 41	1 11	5 32	6 29	0 49
16	T	♏	Daring undertakings	5 20	6 42	1 57	5 31	6 30	1 37
17	W	♏	Many channels of thought	5 18	6 43	2 40	5 30	6 31	2 24
18	T	♏	Quick loss of interest	5 16	6 44	3 17	5 28	6 31	3 07
19	F	♏	Power of imagination	5 14	6 45	3 53	5 27	6 32	3 47
20	S	♏	Tendency to worry	5 12	6 46	4 29	5 26	6 33	4 27
21	S	♏	Avoid routine	5 11	6 47	rises	5 25	6 33	rises
22	M	♏	Cultivate patience	5 10	6 48	7 43	5 24	6 34	7 29
23	T	♏	Fortunate journeys	5 08	6 50	8 52	5 23	6 35	8 34
24	W	♏	Equal to any occasion	5 06	6 51	9 57	5 22	6 36	9 35
25	T	♏	Quick perception	5 05	6 52	10 57	5 21	6 36	10 33
26	F	♏	Good associations	5 04	6 54	11 50	5 20	6 37	11 26
27	S	♏	Guard against rash judgments	5 02	6 55	morn	5 19	6 38	morn
28	S	♏	Rogation Sunday	5 00	6 56	0 34	5 18	6 39	0 12
29	M	♏	Strong constitution	4 59	6 57	1 14	5 16	6 39	0 54
30	T	♏	Realization of hopes	4 57	6 58	1 48	5 15	6 40	1 32

Louisiana Folks Say—"Splendid Preparation"

3651 ANNUNCIATION ST., NEW ORLEANS, LA.
May 20, 1937.

Dr. Kilmer & Co., Binghamton, N. Y.

GENTLEMEN: Since receiving a sample bottle of SWAMP-ROOT through Despouey's Pharmacy, I have bought seven bottles and I find it to be a very good medicine. I would gladly recommend SWAMP-ROOT to anyone in need of a Diuretic to the Kidneys or such an herb Tonic Medicine. It has helped me a great deal and I am sure it can help others also, if they but try it.

Gratefully indebted to you for your splendid preparation, SWAMP-ROOT, I am,

Very thankfully yours,

Signed MRS. F. LUNNING.

Send for Sample Bottle—Use Valuable Swamp-Root Coupon on Page 32

PALMISTRY

The art of reading palms dates back to the days of the Romans. From that day to this it has been regarded as one of the best methods of reading the past, present and future life and fortune of any person. Those who practice the art professionally have gone deep into its many details. You can, if you wish, read palms without a great deal of study. Just learn these simple rules and formulas. Add to them a bit of imagination and a lot of common sense—and the results will be surprisingly accurate and entertaining.

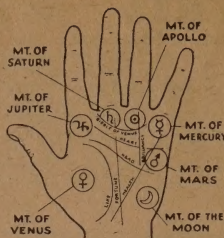
Indicated on the diagram you will see seven Mounts. These were named for the planets and have the following attributes: to the Mount of Venus belongs Love; to the Moon, Courage; to Mercury, Science; to Apollo, Art; to Saturn, Fatality; to Jupiter, Pride. Surrounding these Mounts are the lines from which you may read a person's fortune.

The lines of the hands indicate the events of life. To be most favorable they should be clear cut and regular. Both hands should be read and the results averaged. The right hand shows what we have accomplished and the left shows our natural tendencies.

Consider the shape and condition of the hand itself when interpreting its lines. A smaller than normal hand shows gentleness and perhaps lack of driving force. A slim hand with tapering fingers nearly always indicates refinement and artistry. A short, broad hand with blunt fingers shows energy and determination. If the fingers are crooked and the knuckles strong, sincerity and honesty are indicated. Hands also show whether their possessors are excitable or warmly friendly.

The normal length and position of the lines are shown on the diagram. These lines should be read as follows:

Heart Line. When this line is long and clear, capacity for deep affection is indicated. If short, it shows an unaffectionate character. Absence of the line means wickedness and probably a short life. A jagged Heart Line indicates a flirtatious and inconstant nature. Deep channeling across the palm shows jealousy. Very fine and thin, the line shows cruelty and hard-heartedness. Disappointments are indicated by lines across the Heart Line. A Heart Line with no branches means a loveless life and poverty. Good fortune is indicated by a branching of the line at the Mount of Jupiter. Bad luck is shown when it falls to the Head Line. If it ascends to The Mount of Mercury there is probably considerable theatrical ability. If the line begins at the Mount of



Saturn, a sensual nature is indicated. When the Heart Line is deep in color, its indications are intensified. If extremely light or colorless, a morbid and unhealthy trend is shown.

Head Line. If this line is long and clear, starting at the Life Line just below the Mount of Jupiter and ending just above the Mount of the Moon, great intelligence and good judgment is indicated.

If the Head and Life Lines do not meet, there is probably mental carelessness and lack of judgment. The Head Line rising to the Heart Line shows a mentality that is decidedly sentimental. A broken Head Line indicates that judgment is readily shifted and that intellect is sometimes strong and sometimes weak. A wide and light colored line shows poor thinking capacity. A Head Line ending in the middle palm shows a weak will. If it wavers and is thick and thin, greed is indicated. If it is braided or chain-like, it indicates lack of concentration. If the line tends toward any one mount, the head is influenced by the attributes of that mount.

Life Line. This line is largely self-explanatory. If it is long, clear of breaks and not too broad it shows long life and good health. If it is crossed or broken it predicts illness. If the Life and Head Lines do not separate under Jupiter it indicates a physical and mental development.

Brilliance Line. This is also called the Line of Fate or Saturn. It may rise any place in the lower palm and usually ends at the Mount of Saturn. If it is clear and sharply defined it indicates a life filled with riches, fame and success. If light and pale it shows appreciation of these good things without active participation in them. If it is clearer at the end than at the beginning, happy circumstances late in life may be expected. If entirely absent it indicates lack of success in life.

Fortune Line. The presence of this line is one of the surest signs of success in life. Its absence, however, does not necessarily mean lack of success, but simply that success will be harder to achieve. If the line is badly broken it indicates the rising and falling fortunes.

Health Line. When this line is long, clear and pink it tells of a strong constitution and general robust health. To indicate long life it should begin close to the Life Line or its base, but not touch it.

Girdle of Venus. This is a mark of immoral tendencies. If it is accompanied by a strong Head Line, however, its influence will be diverted to better things. Then the power of Venus will show as a liking for good times.



TAURUS
APR. 19—
MAY 20

MAY

(5th Month. 31 Days)

1940

GEMINI
MAY 20—
JUNE 21



HOROSCOPE (May 22nd to June 21st): You are patient, persistent and very determined and have remarkable physical endurance. You also have a superior mental equipment and should attain great prominence, as you carry out your plans regardless of the consequences. Fortune favors you in many ways and you would be successful as a writer or a journalist. You have clear vision and constructive ideas and you also have a natural trend toward science—should excel in chemistry or any line which demands accuracy and quickness of decision. You form few friendships but very deep and lasting ones. You are a strong character but should modify your power and develop your underlying religious traits.

☾ New Moon ☾ First Quarter ☾ Full Moon ☾ Last Quarter

MOON'S PHASES

Day of Month	Day of Week	Moon's Place	Daily Horoscopes, Condensed 1940	CALENDAR N. STATES Lat. 42°+			CALENDAR S. STATES Lat. 33°+		
				Sun rises	Sun sets	Moon sets	Sun rises	Sun sets	Moon rises
				H.M.	H.M.	H. M.	H.M.	H.M.	H.M.
1	W	☾	Greatness of heart	4 56	6 59	2 20	5 14	6 41	2 06
2	T	☾	Ascension Day—Highly esteemed	4 55	7 01	2 47	5 13	6 42	2 39
3	F	☾	Capable of any trust	4 53	7 02	3 12	5 12	6 42	3 09
4	S	☾	Avoid hasty decisions	4 52	7 03	3 40	5 11	6 43	3 42
5	S	☾	Keen memory	4 51	7 04	4 10	5 10	6 44	4 16
6	M	☾	Long and faithful friendships	4 49	7 05	4 40	5 09	6 45	4 50
7	T	☾	Slow to take offense	4 48	7 06	sets	5 08	6 45	sets
8	W	☾	Very impressionable	4 47	7 07	8 22	5 07	6 46	8 01
9	T	☾	Successful partnerships	4 46	7 08	9 20	5 06	6 47	8 57
10	F	☾	Steady and constructive worker	4 45	7 09	10 18	5 06	6 48	9 53
11	S	☾	Capable of great sacrifice	4 44	7 10	11 10	5 05	6 48	10 45
12	S	☾	Pentecost—Whit Sunday—Straightfor-	4 43	7 11	11 56	5 04	6 49	11 36
13	M	☾	Endowed with many gifts wardness	4 41	7 12	morn	5 03	6 50	morn
14	T	☾	Generous and loving nature	4 40	7 13	0 40	5 03	6 50	0 21
15	W	☾	Ember Day—Ideal home life	4 39	7 14	1 18	5 02	6 51	1 05
16	T	☾	Clever manager	4 38	7 15	1 53	5 01	6 52	1 47
17	F	☾	Ember Day—Gift of music	4 37	7 16	2 29	5 01	6 52	2 29
18	S	☾	Ember Day—Devoted to family	4 36	7 18	3 04	5 00	6 53	3 09
19	S	☾	Trinity Sunday—Genial and popular	4 35	7 19	3 38	4 59	6 54	3 48
20	M	☾	Fortunate marriage	4 34	7 20	4 12	4 59	6 55	4 27
21	T	☾	Natural dignity	4 33	7 21	rises	4 58	6 55	rises
22	W	☾	Immolation of self	4 32	7 22	8 42	4 57	6 56	8 17
23	T	☾	Corpus Christi—Many humane	4 31	7 23	9 40	4 57	6 57	9 14
24	F	☾	Congenial occupations qualities	4 31	7 24	10 28	4 56	6 57	10 04
25	S	☾	Intellectual vigor	4 30	7 25	11 10	4 56	6 58	10 50
26	S	☾	Sympathetic relationships	4 29	7 25	11 47	4 55	6 58	11 30
27	M	☾	Exalted character	4 29	7 26	morn	4 55	6 59	morn
28	T	☾	Satisfactory deals	4 28	7 27	0 20	4 54	7 00	0 05
29	W	☾	Innate kindness	4 27	7 27	0 50	4 54	7 00	0 38
30	T	☾	Memorial Day—An exemplary parent	4 26	7 28	1 15	4 54	7 01	1 10
31	F	☾	Progress through merit	4 26	7 29	1 41	4 54	7 01	1 41

Eastern	Central	Mountain	Pacific
D. H. M.	D. H. M.	D. H. M.	D. H. M.
7 7 7M	7 6 7M	7 5 7M	7 4 7M
14 3 51A	14 2 51A	14 1 51A	14 0 51A
21 8 33M	21 7 33M	21 6 33M	21 5 33M
28 7 40A	28 6 40A	28 5 40A	28 4 40A

WEATHER FORECAST

1st to 4th, Mild Period—Clear and mild weather at most points in central, eastern and southern sections. Unsettled over states of the north Pacific slope, the Lake region, New York and New England.

5th to 7th, Unsettled Wave—Wind storms over south and southwest sections. Much rain in central and states of the north Atlantic slope.

8th to 12th, Cool Wave—Much cooler weather in states of the north and northwest. Pleasant, with cool breezes in south and southwest sections.

13th to 17th, Warm Period—Rising temperature over states of the southwest and middle-west. Fine growing conditions in southern and eastern sections.

18th to 21st, Threatening Period—Strong winds over the northwest, the Lake region and New York. Threatening in eastern sections with much fog in states bordering the Gulf and south Atlantic ocean.

22nd to 25th, Rain Wave—General rains in states of the northwest and Lake region. Cloudy and generally unsettled weather in southern and eastern sections.

26th to 31st, Warm Period—Great humidity felt over states of the west and middle-west. Cool nights and mornings in states of the far northwest. Sultry and damp in states of the south Atlantic slope.

The temperature will range about the average. There will be a shortage of rainfall at most points.

Pennsylvania People Recommend Swamp-Root

Mr. PLEASANT, Pa.,
Feb. 22nd, 1938

Dr. Kilmer & Co.,
Binghamton, N. Y.

GENTLEMEN:—Enclosed find back portion of SWAMP-ROOT Carton for a Dream Book. If you would like you may use my name and address. SWAMP-ROOT was highly recommended to me by friends for Diuretic Aid to the kidneys. It has helped me so much, I feel I should tell all I can of its great results.

Respectfully yours,
RAYMOND W. TEDROW,
335 So. Diamond St., Mt. Pleasant, Pa.

Send for Sample Bottle—Use Valuable Swamp-Root Coupon on Page 32

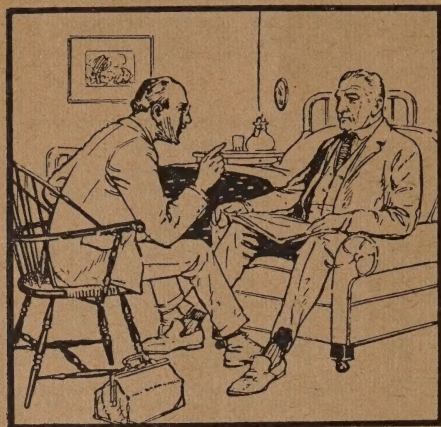
Important Period of Life—Middle Age

OUR modern way of living is often to blame for upsets of one kind or another. We may not properly control our diet and the selection of

food may not be good. Sometimes we over-indulge in food; our rest may not be sufficient and often we lack fresh air and exercise; too often we do not consume enough liquids, such as fruit juices, water and other desirable and healthful liquids.

There may be a tendency to temporary irritations to the urinary tract—a decrease in the output of urine. These conditions are likely to occur during middle age. Under such circumstances an effective diuretic aid to the kidneys may be indicated for increasing the flow of urine.

Many declare Swamp-Root is a fine herb tonic for both old and young. It is not intended for anemic conditions. It acts not only as an effective diuretic to the kidneys but it is also a very mild laxative and carminative, and aids in the elimination of waste material through the urinary and intestinal tracts. Get a bottle from your druggist today. Don't postpone—a few days' delay may make a great difference.



Don't Neglect Yourself

IT is well understood by physicians that the kidneys are highly important organs of elimination and should be given much attention and care. There should be as little interference as possible with the work of the kidneys.

During the winter we are inclined to take less exercise, drink less water, and often consume more rich heavy food thereby placing on the kidneys more work than nature intended. As a result, there may be a decreased output of urine which is more highly colored, more odorous than normally and possibly some sediment. Often under the circumstances an effective diuretic is indicated for increasing the flow of urine.

An effective herbal compound that has had remarkable success as a gentle diuretic and very mild laxative is Dr. Kilmer's Swamp-Root. Many people declare it to be highly satisfactory.



It is Dr. Kilmer's prescription used in private practice for many years. Get a bottle from your druggist today—Don't delay.

Send for Sample Bottle—Use Valuable Swamp-Root Coupon on Page 32



CANCER
JUNE 21—
JULY 22

GEMINI
MAY 20—
JUNE 21

JUNE

(6th Month. 30 Days)

1940

HOROSCOPE (June 22nd to July 23rd): You have a dual personality and demand two interests all the time as one line of work is not sufficient to satisfy your mind. Your stars show brain power and capacity for work and you love work as much for the effort as for the results, but you are too active and overly-anxious and inclined to worry unnecessarily. You are shrewd, persevering and can carry out your plans better through tact and persuasiveness than by force. You are strongly religious and would make a most successful speaker, lecturer or a lawyer but you have a wide range in your choice of a profession and once you decide on a vocation you have the tenacity to hang on till you master it.

☾ New Moon

☾ First Quarter

☾ Full Moon

☾ Last Quarter

Day of Month	Day of Week	Moon's Phase	Daily Horoscopes, Condensed 1940	CALENDAR N. STATES Lat. 42°+			CALENDAR S. STATES Lat. 33°+		
				Sun rises H.M.	Sun sets H.M.	Moon rises H.M.	Sun rises H.M.	Sun sets H.M.	Moon rises H.M.
1	S	☾	A complex nature	4 25	7 30	2 11	4 53	7 02	2 14
2	S	☾	Great possibilities	4 25	7 31	2 41	4 53	7 02	2 48
3	M	☾	Avoid restlessness	4 24	7 31	3 12	4 53	7 03	3 23
4	T	☾	☾ Seek vocational	4 24	7 32	3 45	4 53	7 04	4 02
5	W	☾	☾ Noble, gracious character	4 24	7 33	sets	4 52	7 04	sets
6	T	☾	Many congenial associations	4 23	7 33	8 12	4 52	7 05	7 46
7	F	☾	Learn to persevere	4 23	7 34	9 06	4 52	7 05	8 42
8	S	☾	Supersensitive	4 23	7 35	9 55	4 52	7 06	9 33
9	S	☾	Stabilize your ideas	4 22	7 35	10 40	4 52	7 06	10 22
10	M	☾	Practice concentration	4 22	7 36	11 20	4 52	7 07	11 06
11	T	☾	☾ Many admirable traits	4 22	7 37	11 57	4 51	7 07	11 50
12	W	☾	☾ Guard against moods	4 22	7 37	morn.	4 51	7 08	morn.
13	T	☾	You will gain worldly recognition	4 22	7 38	0 32	4 51	7 08	0 28
14	F	☾	Congenial and sociable	4 22	7 38	1 06	4 51	7 09	1 06
15	S	☾	Enjoy the present	4 21	7 39	1 38	4 51	7 09	1 45
16	S	☾	☾ Great promise	4 21	7 39	2 13	4 51	7 09	2 25
17	M	☾	☾ Peculiar genius	4 21	7 40	2 48	4 51	7 10	3 06
18	T	☾	Appreciate good surroundings	4 21	7 40	3 32	4 51	7 10	3 53
19	W	☾	☾ Acute senses	4 21	7 40	rises	4 52	7 11	rises
20	T	☾	☾ Avoid discord	4 22	7 41	8 20	4 52	7 11	7 55
21	F	☾	☾ Summer begins—The faculty of quick	4 22	7 41	9 05	4 52	7 11	8 43
22	S	☾	☾ Enjoy nature thinking	4 22	7 41	9 46	4 52	7 11	9 26
23	S	☾	☾ Never rest on laurels won study	4 22	7 41	10 20	4 53	7 11	10 04
24	M	☾	☾ St. John, Baptist—Love of the artistic	4 23	7 42	10 51	4 53	7 11	10 40
25	T	☾	☾ Not always understood	4 23	7 42	11 20	4 53	7 11	11 11
26	W	☾	☾ Seek harmony	4 23	7 42	11 45	4 54	7 12	11 41
27	T	☾	☾ A protective attitude	4 24	7 42	morn.	4 54	7 12	morn.
28	F	☾	☾ Inclined to contemplation	4 24	7 42	0 13	4 54	7 12	0 14
29	S	☾	☾ Recognize your ability	4 24	7 41	0 41	4 55	7 12	0 47
30	S	☾	☾ Attain prominence	4 25	7 41	1 10	4 55	7 12	1 21

MOON'S PHASES

Eastern	Central	Mountain	Pacific
D. H. M.	D. H. M.	D. H. M.	D. H. M.
5 8 5A	5 7 5A	5 6 5A	5 5 5A
12 8 59A	12 7 59A	12 6 59A	12 5 59A
19 6 2A	19 5 2A	19 4 2A	19 3 2A
27 1 13A	27 0 13A	27 11 13M	27 10 13M

WEATHER FORECAST

1st to 6th, Unsettled Period—Cloudy, backward and threatening weather at most points at this time. Somewhat cooler in states of the northwest and north Pacific slope.

7th to 12th, Hot Wave—Very hot and sultry over states of the southwest, middle-west and eastern sections. Foggy and warm in states of the Gulf coast.

13th to 16th, Storm Wave—Storms of wind and rain at many points over middle-west, with unsettled conditions far to the east. High water in many streams.

17th to 21st, Variable Spell—Clearing to fair conditions at points in western, central and eastern sections. Rather sultry and disagreeable in states of the Gulf and south Atlantic. Unsettled over states of the northwest.

22nd to 24th, Rain Wave—Rain in states of the lower Mississippi valley. Showers over states of the northwest and Lake region.

25th to 27th, Cool Period—Fresh cool nights and mornings over states of the northwest, the Lake region, Middle Atlantic and New England states.

28th to 30th, Hot Wave—Very disagreeable weather in states of the west and middle-west. Patched conditions in sections of the south and southwest.

The temperature at most points will be above the average.

The rainfall will be below average in the south-west and northwest; at, or slightly above elsewhere.

Detroit Folks Praise Dr. Kilmer's Swamp-Root

DETROIT, MICH., Jan. 23, 1936.

Dr. Kilmer & Co., Binghamton, N. Y.

Enclosed find back portion of SWAMP-ROOT carton for a Dream Book. If you would like to, you may use my name and address. SWAMP-ROOT was highly recommended by my sister-in-law, Mrs. Schuler. I have taken four bottles this winter for diuretic aid to the kidneys and it has helped me so much as a herb Tonic.

I know, as a child, my mother used to give it to me—I was about 13 or 14. We always had it on hand.

With best wishes to your Company, I remain,

Yours sincerely,

MISS JOSEPHINE A. SCHULER,
955 Reed Place, Detroit, Mich.

Send for Sample Bottle—Use Valuable Swamp-Root Coupon on Page 32

Popular Use of Swamp-Root

THERE are many occasions when the burden of the normal kidney is too heavy and these organs, under such conditions need help and relief. Much waste material is normally eliminated from the body through the kidneys or urinary passages—likewise the intestinal tract is an important channel of elimination of body waste. Under the usual conditions a gentle laxative and effective diuretic are often of value. It is under these conditions that Swamp-Root finds an important place. It is very mildly laxative and effectively a diuretic aid to the kidneys and bladder.

When a diuretic for increasing the flow of urine and a gentle mild laxative is needed, Dr. Kilmer's Swamp-Root is used by thousands and thousands of intelligent people.

The active ingredients of Swamp-Root are derived from Buchu Leaves, Oil of Juniper, Oil of Birch (Betula), Balsam Copaiba, Venice Turpentine, Mandrake Root, Colombo Root, Golden Seal Root, Valerian Root, Rhubarb Root, Scullcap Leaves, Balsam Tolu, Aloes, Sassafras, Cinnamon, Sugar, combined scientifically, and its splendid reputation as a diuretic aid to the kidneys and bladder and excel-

lent simple herbal tonic for old and young, has been known to the well informed for more than fifty years.

You should always use Swamp-Root which is regarded most highly for its beneficial effect when indicated.

A SUGGESTION

ON account of its popularity, Swamp-Root, in many places, is advertised by some druggists at cut prices. This cuts down the profits of all druggists in that locality, as they are obliged to sell at the same price in order to hold their customers. This condition in the trade is to blame for the practice of substitution, which has become so common. Sometimes every kind of argument is used to persuade a customer to change his mind and buy the substitute (which is usually unknown to the customer and never advertised) as the profit on the sale is usually large. This is called "switching."

Patronize the reliable dealer who gives you what you ask for without trying to "switch" you for the sake of his bank account. There is no preparation just like Dr. Kilmer's Swamp-Root—there is no other Swamp-Root—it is never peddled from house to house, and is sold only in stores that handle medicines.

A FAVORITE SIMPLE HERB TONIC AND STOMACHIC— SWAMP-ROOT Makes Friends



Old Friends Are Best

Thousands of middle-aged and elderly people write us that they give our SWAMP-ROOT full praise for its helpful diuretic influence and herbal tonic effect, as old age approaches. Mild and gentle in its action on the urinary organs, it also has a gentle laxative effect.

Dr. Kilmer's Swamp-Root—For more than 50 years many thousands of well informed, intelligent people have used this herbal compound, when the kidneys needed diuretic help. Thousands of honest, reputable druggists have used it in their own families and testify to benefits obtained.—They conscientiously recommend it as they have proved its medicinal value and herbal tonic effect.

The fact that so many thousands of men and women have written letters of gratitude to us in praise and recommendation of this medicine, would seem to indicate that it is recognized by many druggists and those who have used it, as a good, simple herbal Tonic, and Diuretic Aid to the kidneys and bladder.

Send for Sample Bottle—Use Valuable Swamp-Root Coupon on Page 32



CANCER
JUNE 21—
JULY 22

JULY

(7th Month. 31 Days)

1940

LEO
JULY 22—
AUG. 22



HOROSCOPE (July 24th to Aug. 23rd). You are intellectual and of the type that makes brilliant speakers and writers. You have innate ability for planning and working out business problems when your interest is aroused but find it hard to complete tasks and should guard against procrastination. You should be at the head of your own business as you cannot be dictated to, and you have a mechanical mind. You are emotional and have a variety of moods and possessed of a peculiar nerve system which makes you antagonistic to certain personalities. You are overly-anxious about making money but, nevertheless, prodigal. You demand companionship and recreation and are fond of children. Your real sphere is the stage as you are a most clever imitator and have rare dramatic ability and could attain any heights professionally.

☉ New Moon ☽ First Quarter ☾ Full Moon ☿ Last Quarter

Daily Horoscopes, Condensed 1940

Day of Month	Day of Week	Moon's Place		CALENDAR N. STATES Lat. 42°+			CALENDAR S. STATES Lat. 33°+		
				Sun rises	Sun sets	Moon rises	Sun rises	Sun sets	Moon rises
1	M	♈	Inherent dignity	4 25	7 41	1 42	4 56	7 12	1 58
2	T	♈	Tactful and considerate	4 26	7 41	2 20	4 56	7 12	2 38
3	W	♈	Fond of leisure	4 26	7 41	3 02	4 57	7 12	3 25
4	T	♈	Independence Day—Most interesting	4 27	7 41	3 51	4 57	7 12	4 16
5	F	♈	Guard your health personality	4 28	7 41	sets	4 57	7 12	sets
6	S	♈	Taste for music and poetry	4 28	7 40	8 38	4 58	7 11	8 17
7	S	♈	Cheerful home life	4 29	7 40	9 21	4 58	7 11	9 04
8	M	♈	Curb imagination	4 29	7 40	10 00	4 59	7 11	9 47
9	T	♈	Favored by fortune	4 30	7 39	10 33	4 59	7 11	10 28
10	W	♈	Affluent position	4 31	7 39	11 08	5 00	7 10	11 08
11	T	♈	Beware of indifference	4 31	7 38	11 43	5 00	7 10	11 48
12	F	♈	Modernistic	4 32	7 38	morn	5 01	7 10	morn
13	S	♈	Somewhat opinionated	4 33	7 37	0 16	5 01	7 09	0 26
14	S	♈	Honorable station in life	4 33	7 37	0 51	5 02	7 09	1 06
15	M	♈	High-minded and intellectual	4 34	7 36	1 30	5 02	7 09	1 50
16	T	♈	Few difficulties	4 35	7 36	2 14	5 03	7 08	2 36
17	W	♈	Materialize your talents	4 36	7 35	3 01	5 03	7 08	3 25
18	T	♈	Inventive powers	4 37	7 34	3 49	5 04	7 08	4 16
19	F	♈	Fascinating and entertaining	4 38	7 34	rises	5 05	7 07	rises
20	S	♈	Avoid morbidity	4 39	7 33	8 20	5 05	7 07	8 02
21	S	♈	Vivid and romantic imagination	4 40	7 32	8 52	5 06	7 06	8 38
22	M	♈	Success in literature	4 41	7 31	9 20	5 07	7 06	9 11
23	T	♈	Cultivate consistency	4 42	7 30	9 48	5 07	7 05	9 43
24	W	♈	Inclined toward ritualism	4 43	7 29	10 14	5 08	7 05	10 14
25	T	♈	Develop interest in work	4 44	7 28	10 43	5 09	7 04	10 46
26	F	♈	Subdue anxiety	4 45	7 27	11 11	5 10	7 04	11 20
27	S	♈	Quiet disposition	4 46	7 26	11 42	5 10	7 03	11 55
28	S	♈	Preoccupied demeanor.	4 47	7 25	morn	5 11	7 02	morn
29	M	♈	An appealing manner	4 48	7 24	0 15	5 12	7 01	0 32
30	T	♈	Tendency to dream	4 49	7 24	0 55	5 12	7 00	1 06
31	W	♈	A charmed life	4 50	7 23	1 41	5 13	6 59	2 04

MOON'S PHASES

Eastern	Central	Mountain	Pacific
D. H. M.	D. H. M.	D. H. M.	D. H. M.
5 6 28M	5 5 28M	5 4 28M	5 3 28M
12 1 35M	12 0 35M	11 11 35A	11 10 35A
19 4 55M	19 3 55M	19 2 55M	19 1 55M
27 6 29M	27 5 29M	27 4 29M	27 3 29M

WEATHER FORECAST

1st to 3rd—Continued heat general, with much sultriness felt in the large cities. Great heat with dust storms prevalent in states of the southwest.

4th to 7th, Storm Wave—Wind and rain storms in all sections of the northwest. Cloudy and threatening over states of the south Atlantic and east Gulf coast.

8th to 11th, Unsettled Period—Showers, with lightning and thunder at points south and southeast. Threatening in states of the Lake region, New York and New England. Variable conditions in western and central states.

12th to 16th, Pleasant Period—Cool nights and mornings in central and eastern portions of the country. Clearing to fair in states of the Lake region. Pleasant conditions over states of the northwest.

17th to 20th, Hot Winds—Great heat with dust and drouth common to most states west of the Mississippi river. Hot and threatening in eastern sections.

21st to 26th, Dry Period—Dust storms in states of the southwest and middlewest. Shortage of rainfall felt in most sections of the country.

27th to 31st, Threatening—Cloudy and unsettled at many points. Local storms in states of the Middle Atlantic.

The temperature will be slightly above normal. The rainfall will be below normal.

South Carolina Druggist Says— Swamp-Root Makes True Friends

WOODRUFF, S. C.

Dr. Kilmer & Co., Binghamton, N. Y.

GENTLEMEN:—We take great pleasure in writing you regarding your preparation SWAMP-ROOT. We have sold and recommended SWAMP-ROOT for 17 years and have not heard a single complaint from a customer. We can sell SWAMP-ROOT with confidence.

The list of ingredients on each carton shows why SWAMP-ROOT truly does make friends.

Very truly yours,

ANDERSON'S DRUG STORE,
By Dr. B. C. Anderson

Send for Sample Bottle—Use Valuable Swamp-Root Coupon on Page 32

Sound Advice to Sensible People

IT is desirable and necessary to take the best possible care of ourselves. The human body is highly complicated and frequently it is necessary to be under the care of a competent physician. No one should neglect himself. A

nation of waste through the kidneys and urinary passages, also, a very mildly laxative and mild herbal tonic stomachic is often indicated. Dr. Kilmer's Swamp-Root is a diuretic and increases the flow of urine, it is a stimulant to the appetite through its stomachic and herbal tonic effect.

Thousands upon thousands of people have written to us letters of gratitude telling us of the beneficial results obtained through the use of Swamp-Root. DR. KILMER'S SWAMP-ROOT is a gentle aid in helping nature carry off waste matter, and its simple herbal tonic and gentle laxative influence is well known.

Thousands of elderly people use this popular medicine, knowing what it has done for them and for others to whom they have recommended it.

Composed of herbs, roots, balsams and medicinal oils in scientific combination, its great popularity is due entirely to the fact that it is a splendid preparation made upon honor and its excellence carefully maintained from day to day by our complete laboratory system.

Don't delay but send for a sample bottle today.



competent physician should be consulted when necessary. There are many occasions in ordinary everyday life when an effective diuretic aid to the kidneys and bladder will be helpful and of much benefit as an aid in the elimi-

(Consult Your Physician in all Conditions Where it Seems Desirable or Necessary to do so.)

BEST TIMES FOR SOWING AND PLANTING

Compiled from reports of U. S. Dept. of Agriculture

NEW ENGLAND

Kind of Crop	Date of Planting	Seed per Acre	Weeks Maturity
Corn.....	May 10 to 30.....	8 to 12 qts.....	14-17
Wheat.....	Fall or Spring.....	2 bush.....	20
Oats.....	Apr. to May.....	2 to 3 bush.....	11-15
Barley.....	Apr. to June 20.....	2 to 3 bush.....	10-15
Rye.....	Apr. to May, Sept.....	5 to 6 pecks.....	40
Buckwheat.....	June 1 to 20.....	1 to 1½ bush.....	10-15
White beans.....	May to June.....	20 to 30 qts.....	12-14
Potatoes.....	Apr. 15 to May 1.....	8 to 20 bush.....	14-18
Turnips.....	July 1 to Aug. 3.....	1 to 2 lbs.....	10
Mangels.....	Apr. 15 to May 5.....	4 to 6 lbs.....	17-22
Tobacco.....	Seed bed Apr.....		9-12

FOR MIDDLE, CENTRAL AND WESTERN, AND SOUTHERN STATES PLANTING, SEE PAGE 32.

Send for Sample Bottle—Use Valuable Swamp-Root Coupon on Page 32



LEO
JULY 22—
AUG. 22

AUGUST (8th Month. 31 Days) 1940

VIRGO
AUG. 22—
SEPT. 23

HOROSCOPE (Aug. 24th to Sept. 23rd): You are an independent thinker and have great reasoning powers with a natural aptitude for business. Your inborn qualifications and tireless energy fit you for the head of corporations, industries, or any situation, and you have the faculty of creating harmony and cooperation. You are just, honest and high-minded and despise trickiness and hypocrisy. You are domesticated, unselfish and very humane but, at times aggressive and dominating. You are honorable in all your dealings and moderate in your tastes. A lover of music and long for beauty and order but not fond of display. You have a natural dignity of bearing and manner and a commanding personality. You should recognize your own attributes.

☾ New Moon ☾ First Quarter ☾ Full Moon ☾ Last Quarter

Day of Month	Day of Week	Moon's Place	Daily Horoscopes, Condensed 1940	CALENDAR N. STATES Lat. 42°+			CALENDAR S. STATES Lat. 33°+		
				Sun rises	Sun sets	Moon rises	Sun rises	Sun sets	Moon rises
				H.M.	H.M.	H.M.	H.M.	H.M.	H.M.
1	T	☾	Great heroism	4 51	7 21	2 32	5 13	6 59	2 57
2	F	☾	Marked self-possession	4 52	7 20	3 32	5 14	6 58	3 56
3	S	☾	Proud and ambitious	4 53	7 19	sets	5 15	6 57	sets
4	S	☾	Wandering habits	4 54	7 18	7 56	5 16	6 56	7 43
5	M	☾	Avoid overwork	4 55	7 17	8 34	5 17	6 56	8 26
6	T	☾	Naturally clever and quickwitted	4 56	7 16	9 09	5 17	6 55	9 07
7	W	☾	Social successes	4 57	7 14	9 42	5 18	6 54	9 47
8	T	☾	Lofty ambition	4 58	7 13	10 16	5 18	6 53	10 28
9	F	☾	Absolutely just and fair	4 59	7 12	10 53	5 19	6 52	11 07
10	S	☾	Very tolerant	5 00	7 11	11 31	5 19	6 51	11 50
11	S	☾	Keen interest in home	5 01	7 09	morn	5 20	6 50	morn
12	M	☾	Generally optimistic	5 02	7 07	0 14	5 21	6 49	0 34
13	T	☾	Don't waste your talents	5 03	7 06	1 00	5 21	6 48	1 23
14	W	☾	Very discriminating	5 04	7 04	1 50	5 22	6 47	2 14
15	T	☾	Fond of dress	5 05	7 03	2 45	5 23	6 46	3 08
16	F	☾	Financial losses	5 06	7 01	3 41	5 23	6 45	4 02
17	S	☾	Respect for others	5 08	7 00	rises	5 24	6 44	rises
18	S	☾	Recuperative powers	5 09	6 59	7 25	5 25	6 43	7 13
19	M	☾	Somewhat impractical	5 10	6 57	7 56	5 26	6 42	7 44
20	T	☾	Sense of pride	5 11	6 56	8 22	5 26	6 41	8 15
21	W	☾	Military success	5 12	6 55	8 47	5 27	6 40	8 50
22	T	☾	Guard against idealism	5 13	6 53	9 12	5 28	6 39	9 20
23	F	☾	Splendid constitution	5 14	6 52	9 42	5 28	6 37	9 53
24	S	☾	Helpful friends	5 15	6 50	10 13	5 29	6 36	10 30
25	S	☾	Depend upon inspiration	5 17	6 49	10 50	5 29	6 34	11 09
26	M	☾	Utopian ideas	5 18	6 47	11 32	5 30	6 33	11 54
27	T	☾	High spirited	5 19	6 45	morn	5 31	6 32	morn
28	W	☾	Curb curiosity	5 20	6 43	0 20	5 31	6 31	0 43
29	T	☾	Somewhat inconsistent	5 21	6 41	1 14	5 32	6 30	1 38
30	F	☾	Influential marriage	5 22	6 39	2 17	5 32	6 29	2 40
31	S	☾	Masterful character	5 23	6 38	3 26	5 33	6 28	3 45

MOON'S PHASES

Eastern	Central	Mountain	Pacific
D. H. M.	D. H. M.	D. H. M.	D. H. M.
3 3 9A	3 2 9A	3 1 9A	3 0 9A
10 7 0M	10 6 0M	10 5 0M	10 4 0M
17 6 2A	17 5 2A	17 4 2A	17 3 2A
25 10 33A	25 9 33A	25 8 33A	25 7 33A

WEATHER FORECAST

1st to 3rd, Damp Period—Dull, damp and misty conditions over Lake region, Middle Atlantic and New England states. Storms of rain and electricity, with hail locally, in states of the south and southeast.

4th to 8th, Cool wave—Cool conditions in states of the Rocky Mountain highland and the northwest. Cool nights and pleasant days over southern and eastern sections.

9th to 14th, Warm Period—Hot winds over the southern Rocky Mountains and the plains states of the west and southwest. Sweltering conditions in Gulf and south Atlantic states.

15th to 18th, Storm Wave—Thunder storms with heavy rain in many sections east of the Mississippi river. Hot and dry in states of the southwest and midwest.

19th to 23rd, Hot Wave—Sweltering weather at most points east and west. Damp winds over states of the Lake region and New England.

24th to 27th, Rain Period—Rain in states of the Gulf and south Atlantic. Wind, thunder and unsettled over Lake region and Middle Atlantic states. Cloudy in states along the north Pacific slope.

28th to 31st, Variable Period—Warm, sultry days over all sections of the south and southwest. Unsettled in states of the north Pacific. Dry and dusty over midwestern states.

The temperature will be at, or slightly above normal.

The rainfall will be deficient in northern half of the country, at about the average elsewhere.

Vermont Druggist's Remarkable Statement

WEST BURKE, VT.,
Jan. 12th., 1937

Dr. Kilmer & Co., Binghamton, N. Y.

GENTLEMEN:—Have always thought and spoken well of your products. The sale has been consistent and as customers receive benefit they are satisfied. Have been pleased to think that I have been able to recommend SWAMP-ROOT to my customers for 44 years with such good results. Have sold your goods as a clerk for 12 years, and for 32 years here in my own store.

Respectfully yours,
C. H. COBURN

Send for Sample Bottle—Use Valuable Swamp-Root Coupon on Page 32

Getting Up Nights—Sleep Disturbances

Thousands of People Pay No Attention to Symptoms

OFTEN there are conditions of mild irritations of the urinary tract which cause sleep disturbances. This condition often causes burning sensation accompanied by frequent urination commonly called "getting up nights."

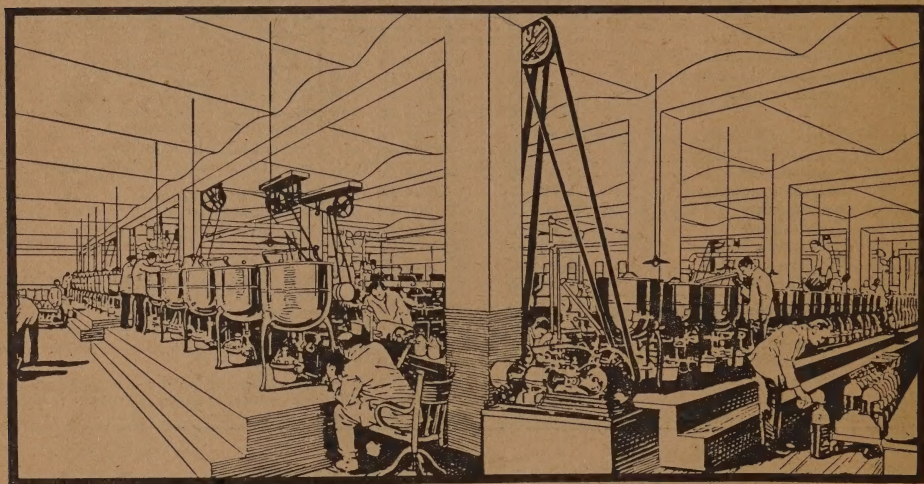
(See Suggestion below about possible involvement of the prostate gland.)

A soothing diuretic preparation such as Dr. Kilmer's Swamp-Root tends to relieve this condition by increasing the flow of urine and flushing the kidneys and bladder, thereby removing waste materials.

Important Suggestion

FREQUENT calls, bladder irritation and other distressing symptoms, in the case of middle aged and elderly men, are often times due to swelling of the prostate gland, which, through pressure on the bladder walls, causes retention of urine and inflammatory conditions of the genito-urinary tract. In such cases a competent physician should be consulted with-

out delay, who will, no doubt, make a thorough examination and advise special treatment. In case our soothing diuretic preparation does not prove helpful when frequent urination is troublesome with men, the trouble may be due to prostatic congestion or other conditions which require the services of a competent physician.



Swamp-Root Laboratory

These copper kettles (each 50 gallons capacity) are used for steeping and blending the herbs and roots. Every process is timed—when finished, the contents are run into revolving mixers and the extracts, tinctures and medicinal oils are added.

This compound is kept at a certain temperature for many hours. It is then piped to the bottling room (3rd floor below) and bottled warm in sterilized bottles by automatic machinery.

Our chemists make all our herbal extracts, tinctures, etc., from as fine quality herbs, roots, balsams, etc., as can be found in the world.

Send for Sample Bottle—Use Valuable Swamp-Root Coupon on Page 32



VIRGO
AUG. 22—
SEPT. 23

SEPTEMBER (9th Month. 30 Days) 1940

HOROSCOPE (Sept. 24th to Oct. 23rd): You are logical, systematic and very discriminating, absolutely conscientious with high moral standards—in fact, you have many solid virtues. You should avoid overfastidiousness and scrupulousness. You crave freedom, and while very magnetic you are indifferent to people whom you do not admire. Express yourself, you are fascinating and original and should develop your personality. Cultivate sociability and do not hide your better qualities through reserve. You should make an excellent nurse or physician but your versatility augurs success in many lines, and no task is too difficult for you to attempt. You have a strong sense of rhythm and probably enjoy music or dancing. You are exceptionally frank in expressing opinions, but take care that your frankness does not hurt others.

LIBRA
SEPT. 23—
OCT. 23



● New Moon ● First Quarter ● Full Moon ● Last Quarter

MOON'S PHASES

Eastern	Central	Mountain	Pacific
D. H. M.	D. H. M.	D. H. M.	D. H. M.
1 11 15A	1 10 15A	1 9 15A	1 8 15A
8 2 32A	8 1 32A	8 0 32A	8 11 32M
16 9 41M	16 8 41M	16 7 41M	16 6 41M
24 0 47A	24 11 47M	24 10 47M	24 9 47M

Day of Month	Day of Week	Moon's Phase	Daily Horoscopes, Condensed 1940	CALENDAR N. STATES Lat. 42°+			CALENDAR S. STATES Lat. 33°+		
				Sun rises	Sun sets	Moon sets	Sun rises	Sun sets	Moon sets
				H.M.	H.M.	H.M.	H.M.	H.M.	H.M.
1	S	☉	Tender hearted	5 24	6 36	sets	5 34	6 26	sets
2	M	☾	Labor Day—Affectionate, but not	5 25	6 35	7 04	5 35	6 24	6 58
3	T	☾	Inclined to be critical demonstrative	5 26	6 33	7 43	5 35	6 23	7 43
4	W	☾	A keen sight	5 27	6 32	8 20	5 36	6 22	8 25
5	T	☾	Excellent judgment	5 28	6 30	8 53	5 37	6 21	9 05
6	F	☾	Wise conduct and management	5 29	6 28	9 31	5 37	6 19	9 48
7	S	☾	Power of domination	5 30	6 26	10 13	5 38	6 18	10 33
8	S	☾	Resourcefulness	5 31	6 24	10 59	5 38	6 17	11 21
9	M	☾	Devotion to friends	5 32	6 22	11 47	5 39	6 16	morn
10	T	☾	Fairly good health	5 33	6 20	morn	5 40	6 14	0 11
11	W	☾	Strange adventures	5 35	6 19	0 40	5 40	6 13	1 04
12	T	☾	Good fortune and happiness	5 36	6 17	1 36	5 41	6 11	1 58
13	F	☾	Susceptible to good example	5 37	6 15	2 33	5 42	6 10	2 52
14	S	☾	Whimsical moods	5 38	6 14	3 32	5 42	6 09	3 48
15	S	☾	Devout nature	5 39	6 12	4 30	5 43	6 07	4 43
16	M	☾	Gift of leadership	5 40	6 10	rises	5 43	6 06	rises
17	T	☾	Very compassionate	5 41	6 08	6 52	5 44	6 05	6 52
18	W	☾	Ember Day—Naturally musical	5 42	6 06	7 16	5 45	6 03	7 22
19	T	☾	Adaptability to surroundings	5 43	6 04	7 45	5 45	6 02	7 55
20	F	☾	Ember Day—Success in public affairs	5 44	6 02	8 15	5 46	6 01	8 30
21	S	☾	Ember Day—Fond of Society	5 45	6 00	8 48	5 46	5 59	9 08
22	S	☾	Agreeable mannerisms	5 46	5 59	9 27	5 47	5 58	9 48
23	M	☾	Autumn begins—Rare diplomacy	5 47	5 57	10 12	5 48	5 57	10 35
24	T	☾	Prosperous business	5 48	5 55	11 02	5 49	5 55	11 26
25	W	☾	Domestic harmony	5 49	5 54	morn	5 49	5 54	morn
26	T	☾	Well-spoken	5 50	5 52	0 01	5 50	5 52	0 23
27	F	☾	Happiness in religion	5 51	5 50	1 03	5 51	5 51	1 24
28	S	☾	Triumph over obstacles	5 52	5 49	2 12	5 51	5 50	2 30
29	S	☾	Very discreet	5 54	5 47	3 25	5 52	5 48	3 37
30	M	☾	Will acquire wealth	5 55	5 45	4 42	5 53	5 47	4 48

WEATHER FORECAST

1st to 4th, Storm Period—Hot winds in states of the southwest and middlewest. Rain and unsettled conditions general in eastern half of the country.

5th to 9th, Cool Wave—Cool nights and mornings at most points in states of the northwest and Lake region. Pleasant conditions in all southern and eastern sections.

10th to 13th, Variable Spell—Threatening conditions over south and southwest sections. Thunderstorms in Mississippi, Arkansas, Missouri, Kentucky and Tennessee. Unsettled over states of the north Pacific.

14th to 17th, Damp Period—Damp and disagreeable at points south and southeast. Windy and cool over northern portions of the country.

18th to 22nd, Warm Wave—Warm and sultry in southern and eastern sections. Hot and threatening in states of the west and middlewest.

23rd to 25th, Rain Wave—Local showers in states of the lower Mississippi valley. Rain general in states of the north Atlantic.

26th to 30th, Cool Spell—Cool and damp in Middle Atlantic and New England states. Pleasant conditions in western and central sections. Unsettled over north Pacific slope.

The temperature will range above normal.
The rainfall will be slightly below average.

Read This From North Carolina

RELIEF, N. C., Feb. 3, 1938

Dr. Kilmer & Co., Binghamton, N. Y.

GENTLEMEN:—Enclosed please find required part of SWAMP-ROOT carton for one of your Dream Books.

My grandfather is using your medicine SWAMP-ROOT and I haven't words to express the good it is doing him; he is about seventy years of age and it surely is doing him good. He has taken six bottles this Winter and I like to recommend it to others who need a good herb Tonic.

With best wishes to your Company, I remain,

Sincerely yours,

MISS IRENE JOHNSON,

Route 1, Box 46, Relief, N. C.

Send for Sample Bottle—Use Valuable Swamp-Root Coupon on Page 32

CHARACTER ANALYSIS IS ONE OF THE MOST INTERESTING AND FASCINATING STUDIES OF THE PRESENT DAY

Study your Friends and Acquaintances and check up with the following Characteristics

"The Eye Is The Window of the Soul"

ROUND EYES denote an affectionate disposition, fidelity, faithfulness, loyalty and filial devotion.

FULLNESS OF THE EYES indicates love of literature and capacity for elocution, keen observation, fine discernment and social qualities.

LARGE AND OPEN EYES denote development of the nerves of sensation, owners are sensitive, easily hurt and somewhat changeable but kind-hearted and trustful.

The shape of the eyes betrays more than the color.

EYES WHICH ARE LONG from side to side denote ambition, shrewdness, watchfulness, great secretiveness and suspicion. The owners are impulsive, impetuous, inclined to fickleness and are quick to recover from vicissitudes of any nature.

MEDIUM SIZE EYES, thin lidded, with dreamy expression, indicate idealistic temperament, highly emotional and very susceptible to beauty. In connection with high forehead and finely cut features, indicate creative ability.

DEEP SET EYES denote caution and prudence, with penetrating expression, the owner is strong willed, determined and inclined to be critical and domineering but true and firm in friendship.

"His Brow Proclaims His Intelligence"

A FULL, HIGH FOREHEAD shows love of education and literary ability. The towering forehead with prominent cheek bones, well defined nose and mouth, denotes lofty ideals and spirituality.

A BROAD AND HIGH FOREHEAD with clear, bright eyes indicates purity of thought and a religious bent.

A SQUARE HEAD AND FOREHEAD indicates capacity for law and order, a love of system and arrangement and the owner is frequently a determined worker.

FOREHEADS WHICH RECEDE denote practicality and research.

WHEN THE BRAIN FORM IS LARGE it denotes extraordinary imagination and intelligence.

A FULL DEVELOPMENT across the lower forehead, the owner is quick to perceive and judge.

A LOW, FLAT FOREHEAD indicates that the owner is a good mixer, sociable and active, given more to physical work than mental attainments.

"Her Saucy Nose Betrays Her Disposition"

A SAUCY, TURNED UP NOSE indicates good natured humor, love of life and good times but inclined to selfishness and irresponsibility.

A GRECIAN NOSE indicates artistic tendencies, refinement, gentleness, patience and perseverance, but the owner is often temperamental and quick tempered although kind-hearted and sympathetic.

A FAT, THICK-SET NOSE—the owner is fond of good living, very sociable and entertaining but somewhat indolent, procrastinating and vacillating.

A LONG, THIN NOSE indicates integrity of character, refinement, love of education with legal tendencies, inventive genius and persistency.

A SMALL NOSE indicates a thrifty, self-centered individual with a love of display and affectation but very ambitious—an untiring plodder and a good provider.

A LARGE NOSE with high bridge denotes elevation of mind, philanthropy, great kindness of heart and generosity of spirit.

"His Mouth Belies His Word"

A VERY SMALL MOUTH denotes a childish, critical nature, easily vexed and lacking in stability.

MEDIUM LIPS, tightly compressed, an earnest, progressive nature, with considerable push and determination—one who handles his own problems.

HEAVY, PUCKERED MOUTH with overdevelopment of the lower lip and chin indicates a bossy nature with an oversupply of conceit and ambition.

MOUTH WITH OVERHANGING, FULL UPPER LIP and protruding upper teeth—thoughtlessly selfish and self centered, with love of amusement and attention, but tireless worker when interested.

A LARGE, FLAT MOUTH denotes a generous, charitable and unselfish nature.

Missouri Druggist's Interesting Statement

Dr. Kilmer & Co.,
Binghamton, N. Y.
Gentlemen:

Spickard, Mo.
Nov. 28th, 1938

The 1939 Almanac received and I am sure the distribution will result in an increased sale of SWAMP-ROOT. This year will make the 45th year I have sold SWAMP-ROOT and I have never had a dissatisfied customer to my knowledge.

Yours truly,
Signed D. G. DENNIS

You may use my letter.
D. G. Dennis, Druggs.

Send for Sample Bottle—Use Valuable Swamp-Root Coupon on Page 32



LIBRA
SEPT. 23—
OCT. 23

SCORPIO
OCT. 23—
NOV. 22

OCTOBER (10th Month. 31 Days) 1940

HOROSCOPE (Oct. 24th to Nov. 22nd): Activity and excitability are your main characteristics and you love change of scene and entertainment. You have tremendous energy and enthusiasm and it is hard for you to adjust yourself to any one occupation as you are pliable to the wishes of your friends and susceptible to their influence, rapidly taking on their characteristics. In fact, you learn through contacts, observation and inquisitiveness as you have no taste for research and solitude. You are naturally religious and generally affiliated with some church. You have much latent strength and unusual powers of recuperation and you will be favored through life and have few losses. You would be a most forceful personality in politics also most successful as a speculator.

● New Moon ◐ First Quarter ☉ Full Moon ☾ Last Quarter ☼ New Moon

MOON'S PHASES

Eastern				Central				Mountain				Pacific			
D.	H.	M.		D.	H.	M.		D.	H.	M.		D.	H.	M.	
1	7	41	M	1	6	41	M	1	5	41	M	1	4	41	M
8	1	18	M	8	0	18	M	7	11	18	A	7	10	18	A
16	3	15	M	16	2	15	M	16	1	15	M	16	0	15	M
24	1	4	M	24	0	4	M	23	11	4	A	23	10	4	A
30	5	3	A	30	4	3	A	30	3	3	A	30	2	3	A

Daily Horoscopes, Condensed 1940

CALENDAR N. STATES Lat. 42°+

CALENDAR S. STATES Lat. 33°+

Day of Month	Day of Week	Moon's Place		CALENDAR N. STATES Lat. 42°+			CALENDAR S. STATES Lat. 33°+		
				Sun rises	Sun sets	Moon sets	Sun rises	Sun sets	Moon sets
				H.M.	H.M.	H.M.	H.M.	H.M.	H.M.
1	T	♊	Intelligent and animated	5 56	5 43	sets	5 54	5 46	sets
2	W	♊	Averse to solitude	5 57	5 42	6 52	5 54	5 44	6 48
3	T	♊	Somewhat skeptical	5 58	5 40	7 26	5 55	5 43	7 40
4	F	♊	Avoid extravagance	5 59	5 38	8 08	5 55	5 42	8 27
5	S	♊	Farsighted	6 00	5 36	8 53	5 56	5 41	9 14
6	S	♊	Unselfish interests	6 02	5 34	9 41	5 57	5 39	10 05
7	M	♊	Crave excitement	6 03	5 33	10 34	5 58	5 38	10 58
8	T	♊	Interest in reforms	6 04	5 31	11 30	5 58	5 37	11 53
9	W	♊	Educational opportunities	6 05	5 30	morn	5 59	5 35	morn
10	T	♊	Firm of purpose	6 06	5 28	0 26	6 00	5 34	0 48
11	F	♊	Wonderful self-control	6 07	5 26	1 24	6 01	5 33	1 43
12	S	♊	Great endurance	6 08	5 24	2 22	6 01	5 32	2 37
13	S	♊	Very attractive	6 09	5 22	3 21	6 02	5 30	3 31
14	M	♊	Serene attitude	6 10	5 21	4 20	6 03	5 28	4 24
15	T	♊	Unlimited observation	6 11	5 19	5 19	6 03	5 27	5 17
16	W	♊	Strict sense of justice	6 12	5 17	rises	6 04	5 26	rises
17	T	♊	Avoid arguments	6 14	5 16	6 17	6 05	5 25	6 30
18	F	♊	Very secretive	6 15	5 14	6 50	6 06	5 24	7 07
19	S	♊	Gift of eloquence	6 17	5 13	7 27	6 06	5 23	7 47
20	S	♊	Cultivate system	6 18	5 11	8 09	6 07	5 22	8 31
21	M	♊	Singular clarity and vision	6 19	5 10	8 56	6 07	5 21	9 20
22	T	♊	Kindly disposition	6 20	5 09	9 49	6 08	5 20	10 12
23	W	♊	Acute mind	6 21	5 07	10 50	6 09	5 19	11 10
24	T	♊	Devoted to great causes	6 22	5 06	11 54	6 10	5 18	morn
25	F	♊	Trait of graciousness	6 23	5 04	morn	6 11	5 17	0 12
26	S	♊	Great precision	6 24	5 02	1 03	6 12	5 16	1 17
27	S	♊	High standards	6 26	5 01	2 15	6 13	5 15	2 24
28	M	♊	Power of repartee	6 28	5 00	3 30	6 13	5 14	3 33
29	T	♊	A quick come-back	6 29	4 58	4 45	6 14	5 13	4 40
30	W	♊	Strong will power	6 30	4 57	sets	6 15	5 12	sets
31	T	♊	Hallowe'en—Champion of the	6 31	4 56	6 00	6 15	5 11	6 14

WEATHER FORECAST

1st to 4th, Threatening Spell—Unsettled to stormy weather in states of the Atlantic coastal plain. Danger to shipping along all maritime shores. Cloudy and threatening over states of the north Pacific slope.

5th to 9th, Cool Wave—Very cool in states of the northern half of the country. Frosty nights and mornings far to the south.

10th to 15th, Pleasant Period—Clear and fair in most sections at this time. Dry and summerlike in states of the west and northwest.

16th to 19th, Storm Period—Dangerous gales over Great Lakes and north Atlantic slope. Storms of rain over Rocky Mountain region and central states. Cloudy and unsettled over eastern sections.

20th to 23rd, Cool Wave—Cold nights and mornings at many points in northern and northwestern sections. Blustery over Rocky Mountain region. Damp and cool throughout the southland.

24th to 27th, Blustery Spell—Cold and blustery over states of the west and northwest. Backward conditions in states of the Atlantic slope.

28th to 31st, Rain Period—Cool and showery in southwest states and those of the Gulf and south Atlantic. Rain over Lake region, New York and New England.

The temperature will be below the average. The rainfall will be deficient.

Arkansas Folks Endorse Swamp-Root

MARIANNA, LEE CO., ARKANSAS,
R.F.D. 2—Box 26, Jan. 8, 1938

Dr. Kilmer's Swamp-Root Co., Binghamton, N. Y.

I have been a user of your SWAMP-ROOT since 1897. It has given me great relief. I keep it on hand. I am 77 years of age and SWAMP-ROOT is my herb Tonic. I have a large size bottle on hand and Almanac. Send me one of your Dream Books.

Yours,

WILLIAM R. SMITH,
R.F.D. 2, Box 26,
Marianna, Ark.

Send for Sample Bottle—Use Valuable Swamp-Root Coupon on Page 32

Donts—For Social Conduct and Good Form

DON'T seat yourself at table until the ladies are seated, or, at a dinner-party, until your host or hostess gives the signal. **Don't** introduce, if you introduce at all, after the company is seated.

DON'T tuck your napkin under your chin, or spread it upon your breast. Bibs and tuckers are for the nursery.

DON'T bite your bread. Break it off. **Don't** break your bread into your soup.

DON'T eat fast, or gorge. Always take plenty of time. Haste is vulgar.

DON'T fill your mouth with too much food, and **Don't** masticate audibly. Eat gently and quietly and easily.

DON'T spread out your elbows when you are cutting your meat. Keep your elbows close to your side.

DON'T, when you drink, elevate your glass as if you were going to stand it inverted on your nose, as some do. Bring the glass perpendicular to the lips, and then lift it to a slight angle. Do this easily.

DON'T talk when your mouth is full—never, in fact, have your mouth full. It is more healthful and in better taste to eat by small morsels.

DON'T eat onions or garlic, unless you are dining alone, and intend to remain alone some hours thereafter. One should not wish to carry with him unpleasant evidences of what he has been eating or drinking. If a glass of milk be drunk after eating onions it will often effectually abolish the smell.

DON'T make remarks, under the guise of friendly caution, about what is eaten by persons near you, such as its being indigestible, too hot, etc. The person you address is most probably far better able to judge for himself in such matters, and would certainly prefer that you should mind your own business.

DON'T neglect the details of the toilet. Many persons, neat in other particulars, carry blackened finger nails. **Don't** neglect the small hairs that project from the nostrils and grow about the apertures of the ears—small matters of the toilet often overlooked.

DON'T cleanse your ears, or your nose, or trim and clean your finger nails, in public. Cleanliness and neatness in all things pertaining to the person are indispensable. but toilet offices are proper in the privacy of one's apartment only.

DON'T beat a tattoo with your foot in company or anywhere, to the annoyance of others. **Don't** drum with your fingers on chair, table, or windowpane. **Don't** hum a tune. **Don't**

slam doors, and **Don't** omit to shut the door on entering or leaving a room.

DON'T stare at the furniture, at pictures, or at other objects, as if you were mentally valuing them; and, of course, **Don't** stare at people present.

DON'T, in introducing, present ladies to gentlemen; gentlemen, whatever their rank, should be presented to ladies. Young men should be presented to elderly men, and not the reverse; young women, to elderly women.

DON'T talk overloud, or try to monopolize the conversation.

DON'T be witty at another's expense; **Don't** ridicule any one; **Don't** infringe in any way the harmony of the company.

DON'T dwell on the beauty of women not present; on the splendor of other people's houses; on the success of other people's entertainments; on the superiority of anybody. Excessive praise of people or things elsewhere implies discontent with people or things present.

DON'T introduce religious or political topics. Discussions on these subjects are very apt to cause irritation, and therefore it is best to avoid them.

DON'T give a false coloring to your statements. Truthfulness is largely a matter of habit. Where very few people would deceive or lie maliciously, many become wholly untrustworthy on account of their habit of exaggeration and false coloring.

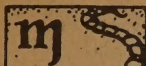
DON'T contradict. Difference of opinion is no cause of offense, but downright contradiction is a violation of one of the canons of good society.

DON'T, if asked your candid opinion of a person, be too ready to give it, for if repeated to the person himself unpleasant consequences may result.

DON'T show a disposition to find fault or depreciate. Indiscriminate praise is nauseating; but, on the other hand, indiscriminate condemnation is irritating. A man of the world should have good appreciation and good depreciation—that is, a keen sense of the merits of a thing, and an equally keen sense of its faults.

DON'T, in entering or leaving a room with ladies, go before them. They should have precedence always.

DON'T wear out your welcome by too long a stay; on the other hand, **Don't** break up the company by a premature departure. A little observation and good sense will enable you to detect the right time to say "Good-night."



SCORPIO
OCT. 23—
NOV. 22

NOVEMBER (11th Month. 30 Days) 1940

HOROSCOPE (Nov. 23rd to Dec. 22nd): You are very decisive, strong minded and dominating with a commanding manner and a natural executive ability but, nevertheless, diplomatic. You are proud, reserved and inclined to pretentiousness with an inborn love of luxury and harmonious surroundings. Your conservatism and lack of emotionalism is often misunderstood and you are kind, generous, loyal and faithful to those you love. You do not understand different temperaments and frequently demand a loyalty and obedience which is impossible. Guard against anger and jealousy as you are frenzied and vindictive when aroused. You are capable of overcoming all obstacles and are effectively equipped for success. You will be most fortunate in teaching, military or executive positions. Your married life should be happy.

SAGITTARIUS
NOV. 22—
DEC. 21



☾ First Quarter ☽ Full Moon ☾ Last Quarter ☼ New Moon

Daily Horoscopes, Condensed 1940

Day of Month	Day of Week	Moon's Place		CALENDAR N. STATES Lat. 42°+			CALENDAR S. STATES Lat. 33°+		
				Sun rises	Sun sets	Moon sets	Sun rises	Sun sets	Moon sets
				H.M.	H.M.	H.M.	H.M.	H.M.	H.M.
1	F	☽	All Saint's Day—Great magnetism	6 32	4 54	6 42	6 16	5 10	7 03
2	S	☾	Inspire confidence	6 33	4 53	7 31	6 17	5 09	7 54
3	S	☾	Scientific mind	6 35	4 52	8 23	6 18	5 08	8 47
4	M	☾	Influence over others	6 36	4 50	9 21	6 19	5 07	9 44
5	T	☾	Success as physician	6 38	4 49	10 18	6 20	5 07	10 40
6	W	☾	Avoid overexertion	6 39	4 48	11 17	6 21	5 06	11 35
7	T	☾	Resoluteness	6 40	4 46	morn	6 22	5 05	morn
8	F	☾	Intensely honest	6 41	4 45	0 16	6 23	5 04	0 30
9	S	☾	Directness of thought and speech	6 42	4 44	1 16	6 24	5 04	1 26
10	S	☾	Cultivate patience and diplomacy	6 44	4 43	2 16	6 25	5 03	2 20
11	M	☾	Armistice Day—Rapid progress	6 45	4 42	3 13	6 26	5 02	3 13
12	T	☾	Visionary	6 46	4 41	4 10	6 27	5 01	4 04
13	W	☾	Unbounded self-confidence	6 48	4 40	5 07	6 28	5 01	4 55
14	T	☾	Power of persuasion	6 49	4 39	rises	6 29	5 00	rises
15	F	☾	Marvelous intuition	6 50	4 38	5 28	6 29	4 59	5 46
16	S	☾	Obey your impulses	6 51	4 37	6 07	6 30	4 59	6 30
17	S	☾	Dogged determination	6 53	4 36	6 52	6 31	4 58	* 7 16
18	M	☾	A commanding dignity	6 54	4 35	7 44	6 32	4 58	8 08
19	T	☾	Absolutely frank	6 55	4 34	8 41	6 33	4 57	9 02
20	W	☾	Good sportsmanship	6 57	4 34	9 42	6 34	4 57	10 03
21	T	☾	Irresistible	6 58	4 33	10 48	6 35	4 57	11 04
22	F	☾	Avoid controversy	6 59	4 32	11 58	6 36	4 56	morn
23	S	☾	Roaming disposition	7 00	4 31	morn	6 36	4 56	0 09
24	S	☾	Disinclination to act at once	7 01	4 31	1 10	6 37	4 56	1 11
25	M	☾	Fond of diversions	7 03	4 30	2 23	6 38	4 55	2 23
26	T	☾	A reader of character	7 04	4 30	3 36	6 39	4 55	3 31
27	W	☾	Self-reliance	7 05	4 29	4 50	6 40	4 55	4 39
28	T	☾	Thanksgiving Day—Unerring instinct	7 06	4 29	6 04	6 41	4 54	5 47
29	F	☾	Telepathic	7 07	4 28	sets	6 42	4 54	sets
30	S	☾	Hypnotic powers	7 08	4 28	6 08	6 43	4 54	6 32

MOON'S PHASES

Eastern	Central	Mountain	Pacific
D. H. M.	D. H. M.	D. H. M.	D. H. M.
6 4 8A	6 3 8A	6 2 8A	6 1 8A
14 9 23A	14 8 23A	14 7 23A	14 6 23A
22 11 36M	22 10 36M	22 9 36M	22 8 36M
29 3 42M	29 2 42M	29 1 42M	29 0 42M

WEATHER FORECAST

1st to 3rd, Cool Period—Crisp, cold nights and mornings over states west of the Mississippi river. Cool to changeable weather in states of the Lake region and north Atlantic.

4th to 9th, Fair Period—Fair and cool in northern and northwestern sections. Fine autumn weather in all states east of the Mississippi river.

10th to 14th, Threatening—Stormy—Blustery, with storms of snow and sleet in the highland sections of the northwest. Very threatening in all sections of the south and southwest. Variable conditions over Lake region, the Middle Atlantic and New England states.

15th to 19th, Cold Spell—Abrupt fall in temperature, with keen, cutting winds from the northwest felt at this time. A storm wave approaching from the Gulf spreads over states of the eastern half of the country.

20th to 22nd, Unsettled Wave—Blustery and stormy over Pacific slope and Rocky Mountain region. Gales over Lake region, New York and New England.

23rd to 27th, Fair Period—Generally pleasant weather over most sections of the country. Bright, warm days in states east of the Mississippi river.

28th to 30th, Variable Spell—Cloudy and unsettled over Lake region, the Middle Atlantic and New England states. Stormy over Rocky Mountain region and rain on coastal region of Pacific slope. Fair over south Atlantic states.

The temperature will be below average. The precipitation will be normal.

Swedish People Like SWAMP-ROOT

SMOLAN, KANSAS,
June 5th, 1936.

Dr. Kilmer & Co., Binghamton, N. Y.

Your medicine Dr. Kilmer's SWAMP-ROOT is splendid. I have never known a better Diuretic to the kidneys and its tonic properties are excellent. I have recommended it to many people as I like to tell about it on account of its merit.

Is it sold in Foreign Countries? I have written to people in Sweden about this medicine and some people there want to take it if they can obtain it in their country.

Your reply will be greatly appreciated.

Very respectfully,
IDA MAGNUSON, Graduate Nurse.

Send for Sample Bottle—Use Valuable Swamp-Root Coupon on Page 32

DREAMS—1940 List

Interpretations by Prominent Psychoanalysts and Psychologists

IN the earliest pages of History the mysterious dream faculty was acknowledged by the most learned men, dreams were regarded with reverence and those who were gifted with the wisdom of interpretation were given high honor and envied stations at Court. As far back as 150 A. D. the great Artemidorus compiled a dream book of several volumes which is, at the present day, the foundation of dream interpretation.

Many instances of prophetic dreams are cited in the lives of Cicero, Caesar, Mark Antony, Constantine, and Alexander the Great who foretold from his own early dreams that he would one day dominate the world. Shakespeare's tragedies are filled with evidence of warning dreams and their significance, and the Bible gives numerous accounts of miraculous dreams and prophecies. Of the latter, perhaps the most often quoted is Pharaoh's Dream of the seven fat kine and the seven lean kine, not only on account of Joseph's correct prophecy but because the structure of the dream and the interpretation correspond so remarkably with the present method of psychoanalysis.

According to modern literature psychologists are taking the place of prophets and counsellors of old. Many nerve specialists delve into one's dreams with as keen an interest as the early practitioner examined the pulse or tongue. Psychoanalysts claim that our dreams reveal, not only forgotten experiences but the things we are most interested in and the most anxious about. Tell a psychoanalyst the history of your dreams today and you give him the key to your physical and mental make-up. Unless you are willing to reveal your innermost thoughts, your failings and aspirations, you had better interpret your own dreams.

ABYSS—Dream books define this dream as one of warning, impending danger, sickness, etc.

ACTIVITY—Signifies that you are careless and negligent and that you will suffer great losses.

ADMIRATION—False friends.

ALTAR—Foretells marriage.

ANGEL—A happy dream of peace and protection.

ANIMALS—Domestic animals denote comfort and contentment; wild animals, enemies.

APE—To see one in your dreams is a symbol of treacherous friends and companions.

APPARITION—Of any kind is considered an ill omen.

APPLES—When ripe denote success in any undertaking; when on a healthy tree, foretell good news. If the tree or the fruit is withered, bad news, trouble and disappointment.

ARMS—To lose one is significant of the loss of a friend—Broken arms, loss of health and material things—Beautiful arms, happiness and good fortune.

ASHES—Foretells mourning, sorrow and trouble.

AX—Considered an ill omen.

BACON—Denotes disappointment; to eat it, unnecessary trouble.

BAKING—Denotes thrift; to bake bread means prosperity.

BALL—To attend one, riches are in store for you.

BALLOON—Beware of unsuccessful ventures.

BANDITS—Success in business.

BANQUET—Beware of new friends, new ventures, etc.

BARN—Good dream; a well filled barn denotes riches, future successes.

BARN-OWL—A dream of misfortune.

BATS—Quarrels, bickerings and misunderstandings.

BATH—Clear water, good health and good fortune; muddy water, sickness and disaster.

BATTLE—Serious trouble with friends; to be triumphant in battle signifies success in worldly undertakings.

BEAMS—Staunch and dependable friends, a dream of success and prosperity.

BEANS—Beware of arguments, strife and bloodshed.

BEAR—To see one in your dreams, riches and happiness in store for you. If it attacks you, you have a powerful enemy.

BEES—Signify riches, success in business and profitable undertakings.

BELLS—A dream of gladness and much joy; to hear them ring you will overcome some difficulty.

BILLS—To dream of bills that you cannot pay indicates that you are the object of malicious slander; to pay bills indicates prosperity.

BIRDS—Many birds signify friends and fortune; to catch them signifies triumphs; to hear them sing, good news in store; to find a bird's nest full of eggs, good luck in business and unexpected gains; to find an empty nest, disappointment.

BLOOD—To dream of blood is a sign of sorrow.

BOAT—In clear water, happiness; in smooth water, prosperity; in muddy, turbid water, trouble.

BOIL—A change for the best both in health and in circumstances.

BOOTS—Good health and good luck.

BOUQUET—Much pleasure in store for you.

BREAD—To break and eat, means losses.

BRIARS—Quarrels and disputes.

BRIDE—Grief and sorrow, death of kindred, to see a wedding foretells a funeral.

BRIDGE—To cross one you will overcome some obstacle through hard work; a wrecked bridge, a warning to avoid a strange journey; to fall from one, illness.

BULL—Beware of a sudden and powerful foe.

CABBAGE—To see it growing, good fortune, a prosperous turn of events; to eat it, sorrow.

CAGE—An empty cage denotes distress; a cage with birds denotes contentment and wishes attained.

CANDLE—Lighted, it denotes prosperity and good health, extraordinary good fortune; if you light it, you have a brilliant future in store; if it goes out, bad tidings.

CARDS—Deception, a warning against false friends and crooked transactions.

CARRIAGE—To ride in one denotes riches, high social attainments and much power.

CASTLE—Your hopes will be realized.

CAT—Treacherous friends among those whom you trust. To be attacked by a cat, a warning dream of hard luck; to kill a cat, you will succeed in whatever you are about to undertake.

CATTLE—Riches and fulfillment of all wishes.

CAVE—An evil dream which forbodes misfortune.

CELLAR—Foretells illness and much worry.

CEMETERY—Good luck and a long and happy life ahead.

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SAGITTARIUS
NOV. 22—
DEC. 21

CAPRICORN
DEC. 21—
JAN. 20

DECEMBER (12th Mo. 31 Days) 1940

HOROSCOPE (Dec. 23rd to Jan. 20th). You are an idealist in many ways and will suffer accordingly. Your intuition is so keen you can almost predict events and many born at this time are somewhat psychic. You will meet with many reverses but few, if any, temptations. You should avoid introspection and not be too conscientious, and do not expect perfection in others. Overcome your sensitiveness, you have a natural gift of wit and optimism and could develop it to great advantage. You are unselfish, sympathetic and while forgiving you never forget an injury. You are diligent, studious and self-reliant and capable of great achievements if you conquer your fear and worry. More successful and contented in mental than in physical occupations and would excel in literary, mathematical and musical professions.

☾ First Quarter ☉ Full Moon ☾ Last Quarter ☊ New Moon

Day of Month	Day of Week	Moon's Place	Daily Horoscopes, Condensed 1940	CALENDAR N. STATES Lat. 42°+			CALENDAR S. STATES Lat. 33°+		
				Sun	Sun	Moon	Sun	Sun	Moon
				rises	sets	sets	rises	sets	sets
				H.M.	H.M.	H. M.	H.M.	H.M.	H.M.
1	S	♊	Advent Sunday—Variety of interests	7 09	4 28	7 07	6 44	4 54	7 27
2	M	♋	Diligent worker	7 10	4 28	8 06	6 45	4 54	8 25
3	T	♌	Advent Sunday—Very com-	7 11	4 27	9 07	6 45	4 54	9 24
4	W	♍	Quick-tempered petent	7 12	4 27	10 07	6 46	4 54	10 20
5	T	♎	Brilliant thinkers	7 14	4 27	11 06	6 46	4 54	11 16
6	F	♏	Avoid abruptness	7 15	4 27	morn	6 47	4 54	morn
7	S	♐	An enthusiast	7 16	4 27	0 05	6 48	4 54	0 11
8	S	♑	Mentally overactive	7 17	4 26	1 08	6 49	4 54	1 05
9	M	♒	Good disposition	7 18	4 26	2 01	6 50	4 54	1 56
10	T	♓	Act with more caution	7 19	4 26	2 58	6 51	4 55	2 50
11	W	♊	Abiding sense of humor	7 20	4 26	3 56	6 51	4 55	3 45
12	T	♋	Clever and frugal manager	7 21	4 26	4 56	6 52	4 55	4 40
13	F	♌	Outspoken and daring	7 21	4 26	5 56	6 53	4 55	5 36
14	S	♍	Avoid satire	7 22	4 27	rises	6 53	4 55	rises
15	S	♎	High attainments	7 23	4 27	5 40	6 54	4 56	6 03
16	M	♏	Conquer reticence	7 23	4 27	6 38	6 55	4 56	7 00
17	T	♐	Uncommonly gifted	7 24	4 27	7 39	6 56	4 57	7 57
18	W	♑	Ember Day—Conquer all doubts	7 24	4 27	8 42	6 56	4 57	8 58
19	T	♒	Superior intellect	7 25	4 28	9 50	6 57	4 57	10 01
20	F	♓	Ember Day—Grasp opportunities	7 25	4 28	10 58	6 58	4 58	11 04
21	S	♊	Ember Day—Expansive life	7 26	4 29	morn	6 58	4 58	morn
22	S	♋	Winter begins—Many changes	7 26	4 29	0 07	6 59	4 59	0 07
23	M	♌	Abundant cheerfulness	7 27	4 30	1 17	6 59	4 59	1 13
24	T	♍	Splendid aspirations	7 27	4 30	2 30	7 00	5 00	2 20
25	W	♎	Christmas Day—Acute discernment	7 28	4 31	3 43	7 00	5 01	3 28
26	T	♏	Inclined to be radical	7 28	4 31	4 53	7 00	5 01	4 34
27	F	♐	Many noble qualities	7 28	4 32	6 01	7 01	5 02	5 40
28	S	♑	Acquire prudence	7 29	4 33	sets	7 01	5 02	sets
29	S	♒	Quick to judge	7 29	4 34	5 45	7 01	5 03	6 10
30	M	♓	Friendly and amicable	7 29	4 35	6 47	7 01	5 03	7 08
31	T	♊	Invincible character	7 30	4 36	7 49	7 02	5 04	8 05

MOON'S PHASES

Eastern	Central	Mountain	Pacific
D. H. M.	D. H. M.	D. H. M.	D. H. M.
6 11 1M	6 10 1M	6 9 1M	6 8 1M
14 2 38A	14 1 38A	14 0 38A	14 11 38M
21 8 45A	21 7 45A	21 6 45A	21 5 45A
28 3 56A	28 2 56A	28 1 56A	28 0 56A

WEATHER FORECAST

1st to 4th, Snow Period—Storms of sleet and snow over states of the north and northwest. Much bluster over Lake region. Squally conditions from the Carolinas to New England.

5th to 8th, Blustery Period—Blustery and stormy over all western and southwestern states. Great danger from storms on Gulf and Lake waters.

9th to 13th, Cold Wave—Ice and frozen ground in northern half of the country. Damp, cold to variable conditions in states of the south.

14th to 17th, Mild Wave—Weather moderating at most points in the northwest and middlewest. Clear and pleasant in states of the Pacific slope and the southwest. Genial sunshine in states east of the Mississippi river.

18th to 23rd, Storm Period—Cold and stormy in states of the Rocky Mountain highland and the north Pacific. Blustery and threatening over Lake region and New England states. Rain over south and southwest sections.

24th to 27th, Bright Period—Fine weather in states of the Gulf and south Atlantic. Clear and cold over Rocky Mountain highland and states of the northwest. Mild, but threatening over the Lake region, Middle Atlantic and New England states.

28th to 31st, Storm Period—Abrupt fall in temperature in states far to the south. Sleet and snow storms in states of the north and northwest.

The temperature will be slightly below the average.

The precipitation will be deficient except in Gulf states, where it will be normal.

California Druggist Used Swamp-Root In His Own Family For More Than Forty Years

ESCONDIDO, CALIF.,
July 27th, 1938

Dr. Kilmer & Co., Binghamton, N. Y.

GENTLEMEN:—I can endorse SWAMP-ROOT having used it in our family for over forty years with excellent results.

Yours truly,

E. JACOB, P.H.C.

Rolfes Drug Co.

Send for Sample Bottle—Use Valuable Swamp-Root Coupon on Page 32

CHAINS—Melancholy, depression and tears.

CHILDREN—Bounteous favors.

CHURCH—To enter one, you are highly respected; to attend services in one, you will gain new and influential friends.

CLIMBING—A dream of reward—if you strive, you will succeed regardless of obstacles.

COALS—Burning brightly, sudden and unexpected good news.

COFFIN—Signifies a wedding.

CORN—A dream of plenty, release from hardships.

CRIPPLE—Good luck, a turn for the better in the tide of your fortune.

CROSS—High honors in store for you, a very fortunate dream.

CROWDS—Change of scenes, new friends, new surroundings and new pleasures.

DAGGER—You will hear bad tidings.

DANGER—To dream you are in danger foretells a change for the better; increase in business, good fortune and good luck in general.

DARKNESS—Darkness and storms, threatened misfortune and financial difficulties with trying and bitter experiences.

DEVIL—An omen of a very successful journey; a fortunate future.

DIRT—To dream of dirt foretells poverty, hard luck and misery.

DOG—An evidence of loyal and faithful friends who will stand by you through any change in fortune.

DOVE—Conjugal happiness.

DRAGON—You will rise to great heights through your own ability.

DROWNING—Foretells illness.

EARTHQUAKE—An omen of a sudden and serious sickness.

EGGS—Much happiness through good news; to break eggs is a sign of needless quarrels and dissension.

ELOPEMENT—Signifies important business offers.

EYES—To dream of your own eyes is ominous of trouble; to suffer blindness, certain omen of bad luck.

FALLING—A change for the worst in financial affairs; avoid all unnecessary risks.

FARM—Portends riches and good health.

FEET—Unfortunate dream.

FIELDS—When rich in produce, foretell prosperity; barren fields foretell disasters, a warning against extravagant and unnecessary expenditures.

FIRE—If burning brightly, good fortune; a dream promising plenty of money, good health and happiness.

FLAG—To see a flag floating on high, a warning of danger; to carry it, you will have some great honor conferred upon you.

FLIES—Petty annoyances through spiteful people.

FLOWERS—In season and plentiful, foretell much happiness and enjoyment; out of season, your plans will not materialize and you will suffer keen disappointments.

FOUNTAIN—Signifies promotion and unexpected prosperity.

FOX—Beware of a spying person.

FROGS—Foretell a fortunate change in occupation, vocation, etc.

FUNERAL—You will have cause for much rejoicing.

GALLOWS—An augury of advancement and future honor; if the dreamer is about to make new ventures, it bodes good fortune and success.

GAMBLING—Predicts various losses, by lawsuits, theft, etc.

GARDEN—Foretells good fortune and much joy.

GARRET—Significant of losses and afflictions.

GESE—A favorable dream, freedom from trouble and worry.

GIANT—Obstacles to overcome.

GLOVES—When new, indicate much pleasure; when old or soiled disappointments.

GOLD—A warning to guard against losses and poverty.

GRAPES—A dream denoting that much joy is in store for you.

GRAVE—Foretells sickness, sorrow and disappointment.

GUN—To see one, danger is near you; to hear the report of one, sudden bad news; if you handle it, a warning to be cautious—beware of rashness.

HAIL—Much trouble in store for the dreamer.

HAIR—To dream that you are combing your hair, bad luck; to dream that your hair falls out, foretells the loss of a friend; to dream that it is being cut off, foretells poverty.

HANGING—A fortunate dream, an omen of good luck and advancement.

HAT—Be on your guard, you will make enemies.

HAY—Foretells an accumulation of worldly goods.

HEART—To dream about the heart is an omen of sickness.

HEAVEN—A dream forecasting much happiness, deliverance from all evils and misfortunes; a forerunner of joy, love and prosperity.

HERMIT—Beware of your temper, sudden fits of anger, etc.

HIDING—To dream you are trying to hide something or have already hidden something, foretells disclosures of annoying character.

HILL—To climb a hill in your dream is an indication that you will surmount difficulties; to travel over many hills, much care and trouble is in store for you; to see a beautiful green hill, bright hopes.

HORNS—To dream of horns signifies danger.

HORSES—Emblems of prosperity and good luck.

HUNGRY—To suffer hunger in your dreams foretells high honors that will come to you through your own ability.

ICE—In most cases, foretells trouble; if skating on ice, failure in any undertaking; to handle ice, sickness.

INK—Approaching prosperity, relief from anxiety, new and influential friends; ink spots, unexpected gains.

IRON—A warning of damage to person and property.

ISLAND—Foretells that you will be neglected and suffer much loneliness.

IVY—Denotes hardships but much comfort through loyal friends.

JAIL—Freedom from cares and grievances of all kinds; a good omen for people in public life, a bettering of conditions in general.

JAR—Filled with fruit, etc., a good omen—indicates thrift empty jars, you will have financial losses through your own negligence.

JEWELS—To have many jewels in your dream signifies a loss of something which you value highly.

KEY—If you find a key in your dreams, you will be the recipient of some great honor; if you lose one, you are distrusted; if you lock and unlock doors, you will be put in charge of some responsible office.

KING—To dream of a king foretells advancement.

KISSES—Significant of treachery.

KNIFE—An evil dream; reason for alarm.

LADDER—Hope; to dream of ascending a ladder, advancement; descending, failure.

LAMP—To see a bright light augurs well for the dreamer; a dim one, unfavorable sign; if the light goes out it forebodes death.

LEAVES—On the ground, sickness and worry; on the tree, fresh and green, success.

LEOPARD—Indicates great changes in fortune—many ups and downs in life.

LETTER—Always a sign of good news.

LIGHTNING—A dire dream of much trouble.

LION—You will receive help and encouragement from very distinguished people. Men of influence are interested in you and your welfare.

LOOKING GLASS—To look in a mirror is a warning of false friends and deceitful companions.

MARRIAGE—A dream of ill-omen; foretells the death of friends and relatives.

MARSH—To walk on marshy ground foretells much misery.

MASS—A joyous occasion with much happiness attending.

MICE—Beware of slander and avoid scandal.

MILK—Portends good fortune.

MILL—Standing idle, wasted opportunities and a lonely life, to see it grinding, happy life and much prosperity.

MISER—A dream that augurs evil.

MONEY—Unlucky dream, misfortunes will follow it.

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MOON—On the wane, death of some friend; new moon, good health and prosperity; a clouded, obscure moon, trouble; to see many moons, confusion and many difficulties.

MOTHER—Betokens comfort and security; to dream of seeing her dead foretells danger.

MOUNTAINS—To see lofty mountains in the distance foretells much interesting travel; very close, many difficulties ahead.

MUD—An omen of shame and mortification.

MURDER—Various misfortunes attend this dream.

MUSIC—Cause for much joy.

NAILS—A dream foretelling misrepresentation, attacks on reputation, etc.

NAKED—To dream of being naked betokens sickness, trouble and disappointment.

NECKLACE—A fortunate dream indicative of donations, valuable gifts and legacies.

NEEDLES—Forebode arguments, wrangling and much vexation.

NET—Full of fish, indicative of much pleasure and freedom from worries; to be caught in a net, beware of scheming enemies.

NUN—You will overcome vanities.

OAK TREE—Firmness of character, strength and courage.

OCEAN—Great accomplishments.

OLD AGE—To dream you see old people denotes much joy; to see yourself in old age, foretells losses.

ORGAN—To hear its music is a very good omen—your wishes will be fulfilled and you will achieve wealth and power; to play the organ is not such a fortunate dream.

OWL—Is ever ominous of much trouble and many crosses; to hear the hooting of the owl foretells a death among kindred.

OX—To see in the fields is a good dream; oxen indicate prosperity, but if very lean and bony they foretell want; white oxen is a very favorable dream and indicates fame and fortune to the dreamer; black oxen, trouble.

PANTHER—Be on your guard, sign no documents and enter into no agreements.

PARADE—You will have cause for sorrow.

PARASOL—Foretells disgrace.

PARROT—You will make a discovery valuable to yourself and others.

PEARLS—Tears for the dreamer.

PEN—You are gifted with knowledge.

PINS—Significant of trouble brewing.

PIPE—You will terminate some deal fortunately.

PIT—An ominous dream—health and business is in peril.

PLOW—Denotes success through hard work.

POPE—Future happiness.

POTATOES—Significant of plenty; if you dig them you will reap reward and have unexpected gains.

PRECIPICE—To see one or be near one, danger; to fall over one foretells accidents and personal injuries.

PRIEST—An omen of sickness and misery.

PUMPKIN—Significant of plenty.

PURSE—To find one, a warning to guard your resources.

QUARRELS—Happiness in store.

QUEEN—Prognosticates high honor and advancement.

RAKE—A sign of marriage to the dreamer.

RATS—Evil minded enemies will cause you much anxiety but unless they swarm over you their efforts will be unsuccessful.

RAVEN—An omen of misfortune.

RIDING—Good fortune in store for the dreamer. Foretells deliverance from all present afflictions.

RING—A sign of friendship and confidence, faith in people with whom you are dealing; for a woman to dream of her wedding ring foretells trouble and unhappiness.

RIVER—To dream of crossing a clear river, you will encounter new and happy experiences; to cross a very broad and muddy river, you will meet many difficulties which, however, you will be able to cope with.

ROAD—To see a broad road foretells happy ventures and successful undertakings; a rough, muddy or crooked road, harsh and bitter experiences ahead.

ROBIN—Anticipation of joy, more brightness in life.

ROCKS—Unsurmountable objects, a warning to the dreamer that various chances would be to his advantage; avoid travel; proceed cautiously in all undertakings.

ROOF—You will obtain some high position; some longed-for attainment will be acquired.

ROSES—To dream of gathering them, in season, a forerunner of great joy; out of season, sadness; wilted or withered, misery.

RUST—An evil dream which bodes sorrow and losses.

SAND—Your faith is misplaced; be prepared for deception and underhandedness in people whom you trusted.

SAILOR—A warning against dangerous journeys.

SALT—Give more thought to plans and decisions.

SCHOOL—A happy dream; freedom from worldly cares.

SCYTHE—An emblem of death.

SHEEP—A fortunate dream, a dream of prosperity and abundance; if the sheep are dead or wounded, an unfortunate dream; if you see a lone sheep in a pasture, someone needs your protection.

SHIPWRECK—To dream that you are shipwrecked foretells loss of property and other investments.

SHOES—Good luck; new shoes foretell good fortune, old shoes, much travel.

SIEVE—An ominous dream of waste and extravagance.

SMOKE—To see smoke, vain hopes.

SNAKE—Malice and treachery; to kill one, good fortune.

SNOW—A dream that bodes ill; to see snow fall, misfortune; deep snow, obstacles.

SPECTRE—Foretells trouble.

SPIDER—Good fortune; if a spider is spinning its web, you will amass riches through industry.

STARS—Sudden and very joyous news.

STRUGGLE—To dream of struggling is a good omen—foretells success in business, recovery in illness.

SUN—A very favorable dream, health to the sick, comfort to the afflicted; to see it rise presages great events, good news and good luck; to see it set foretells bad news. To see the sun and moon together is a bad omen.

SWAN—Many swans foretell riches; a white swan, much happiness ahead; a black swan, much sorrow.

TEETH—An unfortunate dream—if the teeth are loose it foretells sickness; to lose a tooth signifies the loss of a friend; to lose all the teeth at once foretells disaster.

THORNS—You will endure great suffering, both mentally and physically.

TOMB—To dream of a tomb you will attend a marriage.

TRAP—Trouble in legal matters.

TREASURE—If you find it, sudden and unexpected success; if you see hidden treasures, influential friends are working for your interests.

TRUMPET—A symbol of affliction and misfortune.

TRUNK—A full trunk warns the dreamer against extravagance and unnecessary expenditures; an empty trunk denotes thrift and rewards for thrift.

TURKEYS—Rejoicings and good fortune in store.

UMBRELLA—You are about to receive something that will add much to your comfort.

URNS—Significant of death.

VEGETABLES—To see them growing is good luck; to eat them foretells sickness.

VELVETS—Riches in store.

VINES—Significant of abundance.

VIOLETS—To see them in season means much happiness; out of season, loss of property and valuables.

WASHING—A good omen, foretells much joy and happiness.

WATCH—A dream of misfortune; guard your business and make few confidants.

WELL—A happy omen, containing clear water foretells fortunate transactions; if empty, beware of enterprises.

WHEEL—Considered a very happy dream and one of great promise.

WHIRLPOOL—Impending danger, physical and financial.

WINE—If you drink it you will gain high office and much authority; if you spill it, bloodshed.

WORMS—Foretell death and disaster.

WOUNDED—To dream of being wounded signifies that you will be the recipient of much attention and many kindnesses.

YARN—Great possibilities in your life.

YACHT—Strange news and much distress.

YOKE—A warning to guard against temper and anger.

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WEDDING ANNIVERSARIES

Anniversaries of the wedding day are named from an old custom of presenting certain kinds of gifts as each anniversary comes about.

The various celebrations commonly accepted are:

First, Paper
Second, Cotton
Third, Leather
Fourth, Fruit, Flowers
Fifth, Wood
Sixth, Sugar, Candy
Seventh, Wool
Eighth, Pottery

Ninth, Willow
Tenth, Tin
Eleventh, Steel
Twelfth, Silk and Linen
Thirteenth, Lace
Fourteenth, Ivory
Fifteenth, Crystal
Twentieth, China

Twenty-fifth Silver
Thirtieth, Pearl
Thirty-fifth, Coral
Fortieth, Ruby
Forty-fifth, Sapphire
Fiftieth, Gold
Seventy-fifth, Diamond

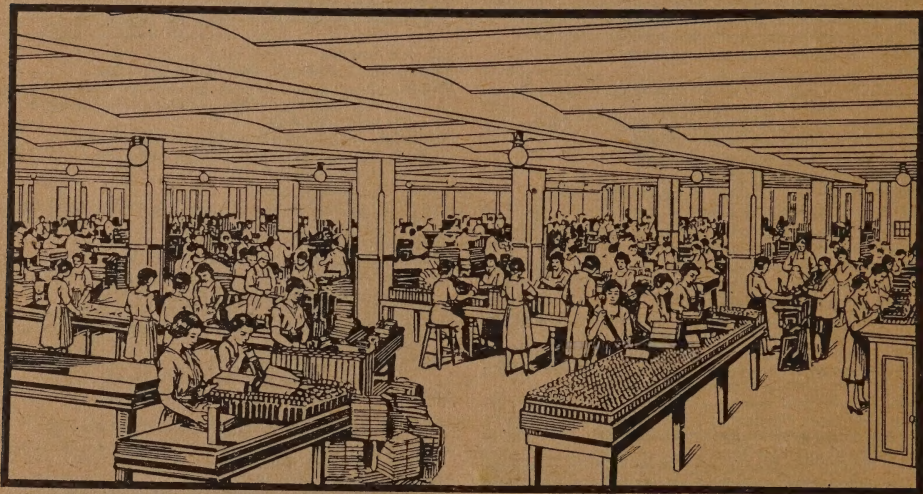
WEDDING WARNINGS

Married in white, you've chosen all right
Married in grey, you'll go far away
Married in black, you'll wish yourself back
Married in red, you'll wish yourself dead
Married in green, ashamed to be seen
Married in yellow, ashamed of your fellow
Married in blue, he'll always be true
Married in brown, you'll live out of town

Monday for health
Tuesday for wealth,
Wednesday the best day of all.
Thursday for losses,
Friday for crosses,
Saturday no luck at all.

THE BRIDE MUST WEAR—

Something old, Something new;
Something borrowed, Something blue.



Swamp-Root Bottling and Labeling Department

This bottling room is kept clean and sanitary—it is equipped with rest rooms, lunch-rooms, indirect lighting system, large windows for plenty of air and light on all sides—automatic sterilizing bottle washers—automatic bottling machinery.

Send for Sample Bottle—Use Valuable Swamp-Root Coupon on Page 32

Dr. Kilmer's U & O ANOINTMENT

A Soothing Application which tends to relieve the discomfort and itching of minor rectal irritations.

How to Apply U & O Anointment

- The application of U & O Anointment may be made with the end of finger, or linen cloth.
- If the itching and discomfort is located up out of reach of finger, we suggest the use of the Ointment Pipe.
- If the patient experiences discomfort during evacuation of the bowels, application with the Pipe should be made before and after the bowels move.
- In all cases, application of Dr. Kilmer's U & O Anointment may be made as often as the case would seem to require—one, two, three or four times a day. It contains no opiates.

How to Get the Ointment Pipe—The Dr. Kilmer & Co. Ointment Pipe can be obtained at druggists or we will send it by mail upon receipt of fifty-five cents in postage stamps.

We have received thousands of letters from people who have used the Ointment Pipe with the most pleasing satisfaction. The Ointment Pipe will place our U & O Anointment just where it is needed. The price is within reach of all.

DIRECTIONS FOR USING THE OINTMENT PIPE

The patient can use it in a simple and cleanly manner without inconvenience or soiling the linen. It is so compact that it can be carried in the pocket filled with Dr. Kilmer's U & O Anointment, ready for use. Dr. Kilmer's U & O Anointment put up in two sizes, 30 and 60 cts.

Remove the screw plunger from the ointment barrel, then place a sufficient quantity of ointment in the barrel for several applications; replace the plunger, turning it sufficiently to force the ointment into the small perforated end of the pipe; when thus prepared, insert the tube of pipe within the rectum, turn the plunger two or three revolutions (having a milled head that it may be done easily), thereby forcing the ointment through the perforation of the pipe; turn the pipe around once or twice, making a more effectual distribution of the ointment to the parts afflicted; then withdraw the pipe, when it will be found that the contraction of the muscles has effectually removed and distributed all the ointment from the surface of the tube, retaining it where it has been deposited, the application being exceedingly simple.

Two or three applications daily will usually be found quite sufficient.

HELPFUL SUGGESTIONS FOR THE USE OF U & O ANOINTMENT

1. Sprains—Bruises. For Sprains and Muscular Soreness Due to Exercise or Exposure, apply freely and bandage with cloth. Repeat the application as often as seems necessary.

2. Head Colds—Nasal Congestion. If an outside application is desired, apply externally to throat and chest. Rub over the nose and forehead if you have a sensation of dryness caused by congestion in the nostrils due to colds, and also apply up the nostrils with the little finger. The body temperature liberates volatile oils which promote beneficial results through inhalation.

3. Stings. Apply to stings, frostbites, chapped hands, chafing.

4. A Soothing Application recommended as tending to relieve soreness and discomfort caused by Sprains, Bruises, Sunburns, Scalds, Muscular Soreness due to exercise or exposure, or Congestion in the Nostrils due to Head Colds.

5. Tends to relieve the discomfort and itching of Rectal Minor Irritation.

Beware of Fraud—The Carton of Dr. Kilmer's U & O Anointment bears his likeness. At Druggists; Two Sizes, 30 and 60 cts.



Send for Sample Bottle—Use Valuable Swamp-Root Coupon on Page 32

FACTS FOR THE HOME GARDENER

WHEN TO PLANT

Planting times must be adjusted to local conditions. Planting must not be done until the soil is loose and mellow several inches down. And it must be done in time to allow the plants to mature.

Vegetable	Earliest and Latest Planting	Vegetable	Earliest and Latest Planting
Beets.....	April to August	Onions.....	April to May
Bush Beans.....	May to August	Parsley.....	April to June
Cabbage.....	April to May	Parsnips.....	April to June
Carrots.....	April to July	Peas.....	April to July
Cauliflower.....	April to May	Potatoes.....	March to June
Celery.....	March to April	Radishes.....	April to August
Corn.....	May to July	Spinach.....	April to August
Cucumbers.....	April to July	Tomatoes.....	May to June
Lettuce.....	April to August	Turnips.....	April to August

HOW TO PLANT

Vegetable	Amount 25 ft. Row	Distance Between Rows	Distance Apart in Row	Depth to Plant	When Ready
Beets	1/2 ounce	12-15"	3-4"	1-2"	60- 70 days
Bush Beans	1/2 pint	12-18"	4-6"	2-3"	40- 60 days
Cabbage	20 plants	24-30"	18-24"	1/2-1"	100 days
Carrots	1/2 ounce	12-15"	2-3"	1/2-1"	65- 90 days
Cauliflower	20 plants	24-30"	15-18"	1/2-1"	100-120 days
Celery	1/8 ounce	18-24"	4-6"	1/4"	120-150 days
Corn	1/4 pint	24-30"	18-24"	1/2-1"	60- 90 days
Cucumbers	1/8 ounce	48-72"	36-48"	1/2-1"	60- 80 days
Lettuce	1/8 ounce	12-18"	4-6"	1/2-1"	50- 80 days
Onions (Seeds)	1/4 ounce	12-18"	4-6"	1/2-1"	90-150 days
Parsley	1/8 ounce	12-18"	4-6"	1/4-1/2"	80-120 days
Peas	1/2 pint	24-36"	3-4"	2-3"	40- 75 days
Potatoes	3 pounds	24-36"	12-18"	4-6"	80-140 days
Radishes	1/4 ounce	6-12"	2-3"	1/2-1"	25- 45 days
Spinach	1/4 ounce	12-15"	4-6"	1/2-1"	50- 90 days
Tomatoes	15 plants	24-30"	24-30"	1-2"	90-120 days
Turnips	1/4 ounce	12-24"	3-6"	1/2"	60- 80 days

HOW TO GET SWAMP-ROOT

SWAMP-ROOT is sold by druggists and dealers in medicines. If they do not have it in stock when you call, they will get it for you if requested; if they should decline to do so, then send direct to Dr. Kilmer & Co., Binghamton, N. Y.

PRICE LIST OF OUR PREPARATIONS

ONE OR MORE of the following will be sent by mail upon receipt of price.

Dr. Kilmer's Swamp-Root (large size).....	\$1.15
Dr. Kilmer's Swamp-Root.....	.60
Dr. Kilmer's U & O Anointment (large size).....	.60
Dr. Kilmer's U & O Anointment.....	.30
Dr. Kilmer & Co.'s Rectal Ointment Pipe.....	.55

A few dealers, when out of stock, will tell you a preparation has been taken off the market and try to sell you something else instead. When this happens, send to us direct and we will mail you the preparation you want.

Send for Sample Bottle—Use Valuable Swamp-Root Coupon on Page 32

THE PROPER CARE OF HOUSEHOLD PETS

Most good natured and kindly people have household pets of some kind. And most of them want their pets to have the best care. As a result, people often do too much for their pets. They almost and sometimes do, kill them with kindness. Here are some things not to do.

DOGS. Don't forget that your dog is a meat eater by nature. Meat should be his principal item of diet. Use prepared foods if you like. You will find that they are largely meat.

Don't feed your dog candy, cake, pastry, potatoes, cereals or other starchy foods. He cannot digest them and will be distressed and ill. That he may like them makes no difference. Dogs, as well as humans, often like things which are not good for them.

Don't give your dog too much to eat. His ribs should show a little. This is not a hardship. He feels better when he is not too fat.

Don't give your dog bones to gnaw too often or too regularly. Bones are not food.

Don't give your dog fish or chicken unless you have carefully removed all bones. Chicken bones are brittle and break into jagged pieces.

Don't forget to provide a cool, shady place for your dog to lie in, in summer. See that he has plenty of cool water. In winter he must have a dry, cozy place to lie.

Don't expect your dog to understand human language. If he disobeys, discipline him kindly, don't beat him. Let him keep his courage and his spirit.

CATS. Don't let your cat out at night. She may contact diseased animals.

Don't wash your cat with soap and water. The outer hair of the long-haired varieties should be cleaned occasionally with a cloth moistened in alcohol and water. After which rub dry corn meal in thoroughly and then brush and comb it out. Frequent washing discourages natural cleanly habits.

Don't starve your cat in order to make her catch mice. She is a better mouser when well-fed and healthy. She catches mice and other food for sport.

Don't let your cat sleep anywhere. Provide her with clean, dry sleeping quarters, free from draft. Teach her to sleep there.

Don't let a sick cat roam at will. She may hide and die where you cannot find her.

CANARIES. Don't believe that the prettiest birds are the best singers. That is no truer with birds than with people.

Don't put a bird in a small, ornate cage. Big, simple cages provide more room for healthy exercise. Be sure there are plenty of stationary and swinging perches.

Don't fail to give your bird special treatment when it is molting. Add a little linseed and a few meal worms to its ration. A very little raw meat, or hard boiled egg mixed with bread crumbs is also good.

Don't forget to give your bird green food, such as lettuce, apple, dandelion tops and chickweed, when you can.

Don't let any part of the cage get dirty. Clean everything, perches, drinking cups, bars, and floor, daily if possible.

Don't fail to keep a piece of cuttlefish bone between the bars.

Don't leave your bird in a draft and don't fail to cover its cage with a cloth at night.

Don't hang the cage in the kitchen or very hot place. Canaries are often injured by extreme temperatures or sudden changes in temperature.

OUR FREE TRIAL OFFER TO PHYSICIANS



We receive thousands of grateful letters every year, telling us of great benefits obtained through the use of SWAMP-ROOT.

We do not publish any statements which in any way may be regarded as a reflection on the Medical Profession. All correspondence with physicians is held strictly confidential.

More physicians are prescribing SWAMP-ROOT than ever before, as we now print on the package a list of ingredients so that the physician may judge for himself the medicinal value of this preparation.

We always send (without charge) a full size bottle of DR. KILMER'S SWAMP-ROOT to any reputable physician, for a trial, if request is made on personal prescription blank or letterhead.

BEST TIMES FOR SOWING AND PLANTING

Compiled from reports of U. S. Dept. of Agriculture

MIDDLE STATES

Kind of Crop	Date of Planting	Seed per Acre	Weeks Maturity
Corn	Apr. 20 to May 30	6 to 8 qts.	16-18
Wheat	Sept. 20 to Oct. 20	2 bush.	41-43
Oats	Mar. to May	2 to 2½ bush.	16-17
Barley	Mar. to May	2 to 2½ bush.	13-16
Rye	Sept. 1 to Oct. 1	1 bush.	40-43
Buckwheat	June to July	½ to 1½ bush.	8-10
White beans	May to June	20 to 30 qts.	12-14
Potatoes	Apr. to May	14 to 20 bush.	14-22
Sweet potatoes	May to June	10 to 12 bush.	14-25
Cabbage	Mar. to July	4 to 8 oz.	12-15
Turnips	July	1 to 2 lbs.	10-14
Mangels	May	4 to 6 lbs.	15-20
Flax	May	20 qts.	8-10
Tobacco	Seed bed Mar.	6 to 8 qts.	15-20
Hay, timothy	Aug. to Oct.	6 to 8 qts.	
Hay, clover	Feb. to Apr.	6 qts.	

CENTRAL AND WESTERN STATES

Corn	Apr. 1 to June 1	6 qts.	16-20
Wheat	Fall or Spring	2 bush.	40-42
Oats	Apr. 1 to May 1	2 to 3 bush.	12-14
Barley	Fall or Spring	2 bush.	11-13
Rye	Sept. 1 to 30	1 to 2 bush.	35-40
Buckwheat	June	1 to 2 bush.	10-12
White beans	May 10 to June 10	20 to 30 qts.	14-18
Potatoes	Mar. 25 to June 1	10 to 18 bush.	15-20
Turnips	July 15 to Aug. 30	1 to 2 lbs.	10-14
Mangels	Apr. 1 to May 15	4 to 6 lbs.	15-20
Flax	Mar. 15 to May 15	2 to 3 pecks	15-20
Tobacco	Seed bed Mar.	Oz. to 6 sq. rds.	15-18
Hay	Apr. to May	8 to 15 lbs.	

SOUTHERN STATES

Cotton	Feb. to May 15	1 to 3 bush.	20-30
Corn	Feb. to June	8 qts.	18-20
Wheat	Sept. to Nov.	2 bush.	43
Oats	Feb., May, Sept.	2½ bush.	17
Barley	Apr. to May	2½ bush.	17
Rye	Sept. to Oct.	1½ bush.	43
White Beans	Mar. to May	20 to 30 qts.	7-8
Cabbage	Oct., Mar. to May	½ to 1½ lb.	12-15
Watermelons	Mar. 1 to May 10	2 to 7 lbs.	16-20
Onions	Feb. 1 to Apr. 10	3 to 4 lbs.	16-24
Potatoes	Jan., Feb. to Apr.	10 to 20 bush.	10-18
Sweet potatoes	April to June	10 to 12 bush.	14-20
Pumpkins	Apr. 1 to May 1	4 to 7 lbs.	17-20
Tomatoes	Jan. 1 to April	4 to 9 oz.	14-20
Turnips	Feb., Aug., Apr.	1 to 2 lbs.	10-14
Tobacco	Seed bed Mar.	Oz. to 6 sq. rds.	18-20
Cow peas	May 1 to July 15	2 to 5 pecks	6-8

FOR NEW ENGLAND PLANTING, SEE PAGE 16

DO YOU NEED A SIMPLE HERBAL TONIC—DIURETIC?

Prove What Swamp-Root Will Do For You

Dr. Kilmer's Swamp-Root, although famous for the past fifty years as a Diuretic aid to the kidneys and bladder, is also used with great satisfaction by thousands of middle-aged and elderly people who require a stomachic tonic medicine. Mild and gentle in its action on the urinary organs, it also acts as a carminative in gassy conditions of the stomach. Its tonic influence is soon realized and very often even a sample bottle of this excellent herbal compound will prove effective. It is most pleasant to take and may be used by invalids or children. Fill in your name and address and return this Coupon to Dr. Kilmer & Co., Binghamton, N. Y.—you will receive a Sample Bottle of Swamp-Root FREE

NAME.....
(WRITE NAME PLAINLY)

STREET ADDRESS OR R. F. D.....

CITY.....STATE.....

All Druggists Sell Swamp-Root

1940

Save Postage. . Paste Coupon on Regular Post Card



OUR PRESENT HOME---ABSOLUTELY FIREPROOF



THE OLD HOME OF SWAMP-ROOT

★ Denotes where we commenced business.

Remember the name **Swamp-Root**, **Dr. Kilmer's Swamp-Root**, and the address **Binghamton, N. Y.**, on every bottle.

Remember when you ask for **Swamp-Root** you are buying a medicine with an established reputation of more than 50 years.

Druggists who have your health and welfare at heart will sell you **Swamp-Root** when called for, as experienced druggists usually know the value of **Swamp-Root** as a Diuretic to the kidneys. Every bottle of **Swamp-Root** contains the same standard of purity, strength and excellence.

SOLD BY DRUGGISTS IN TWO SIZES



Sample Bottle by Parcel Post

We will forward you a sample size bottle of **Swamp-Root** by Parcel Post — Free.

Address

DR. KILMER & CO.
Binghamton, N. Y.

These cartons are like the **Swamp-Root** package in both Style and Color.

The small size package is approximately three times larger and retails at 60c.

The large size package is approximately six times larger and retails at \$1.15.

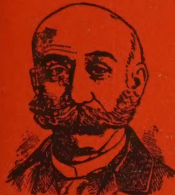
When you need a medicine you should have one with an established reputation.

This book, cover and pictures copyrighted by Dr. K. & Co.

The small quantity of alcohol which **Swamp-Root** contains is used for the purpose of preserving the vegetable ingredients from fermentation. It has always been our first aim and study in compounding our preparations to keep them up to the same strength and excellence.

Dr. Kilmer's

AVERAGE CONTENTS
10 FLUID OUNCES



J. C. KILMER, M. D.

SWAMP

Swamp-Root Tends To Promote the Flow of Urine Thro' the Kidneys in Their Necessary Work of Eliminating Waste Matter.

ROOT

Active Ingredients:—Alcohol 11 per cent, Buchu Leaves, Oil of Juniper, Oil of Birch (Betula), Balsam Copaiba, Balsam Tolu, Venice Turpentine, Rhubarb Root, Mandrake Root, Aloes, Scallops Leaves, Colombo Root, Golden Seal Root, Valerian Root, Sassafras, Cinnamon.

A Diuretic to the Kidneys

DR. KILMER & CO., Binghamton, N. Y.

Contains the active properties of Roots, Field Herbs and Balsams. **Swamp-Root** is purely an herbal compound and does not create a desire or habit for opiate or stimulants.

SWAMP-ROOT

SWAMP-ROOT IS PLEASANT TO TAKE

Dr. Kilmer's SWAMP-ROOT

Tends to flush the Kidneys and Bladder, thereby aiding in their work of eliminating waste matter.

Active Ingredients:
Alcohol 11 per cent.
Buchu Leaves
Oil of Juniper
Oil of Birch (Betula)
Balsam Copaiba
Balsam Tolu
Venice Turpentine
Rhubarb Root
Mandrake Root
Aloes
Scallops Leaves
Colombo Root
Golden Seal Root
Valerian Root
Sassafras
Cinnamon

Caution:—**Swamp-Root** not to be used in Sugar Diabetes as it contains Sugar, (a preservative).

—PREPARED ONLY BY—
Dr. Kilmer & Company
Binghamton, N. Y.

PRICE \$1.15

SOLD BY ALL DRUGGISTS

Binghamton, N. Y. E. P. Kelley, General
By Dr. Kilmer & Co., Binghamton, N. Y.



The Home of Swamp-Root, Erected 1902, Absolutely Fireproof
 This modern building complete in its equipment, contains the Dr. Kilmer & Company Laboratory, bottling department, shipping department, printing plant, power plant—3 elevators, offices, and is devoted exclusively to the business of Dr. Kilmer & Company.

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